

Association Luxembourgeoise et Grande Région de Prévention et de Gestion du Stress (APGS)

What is APGS ?

APGS asbl is an association for the prevention and management of pathologies linked to chronic stress in Luxembourg and the Greater Region. It offers tailored physical and body oriented psychotherapy activities for people with depression or burnout. These activities are offered alongside the medico-psychological follow-up or after the hospitalization. This association offers supervised activities to reduce the level of internal tension.

Offer in the way of physical activity

The activities proposed enhance the decrease in the level of internal tension via physical and mental relaxation, the awareness of the body via the perception of their own feelings and the orientation of the gaze on an objective reality, the development of self-esteem and self-confidence, a gradual return to movement and socialization, while respecting one's abilities.



Types of exercises offered

The activities are offered in a caring and reassuring context. The sessions are tailored to the participants' abilities so that they can respect their needs and their current state. APGS offers weekly classes in Luxembourg and the Greater Region. The sessions of tailored physical activities combine body gymnastics at low cardiovascular intensity, stretching, suppleness, and postural gymnastics to reduce the pain and tensions of the body. Sessions of body oriented psychotherapy activities (dynamic relaxation, Qi Gong, Feldenkrais) lead the progressive learning of the relaxation of the body and the mind and provide tools to better manage chronic stress..

Who can participate?

These accompanying activities are reserved for persons benefiting from a medical or psychological follow-up or that are out of hospitalization (mild or moderate depression, burnout). A medical clearance to practice physical activities is required.

When and where are the sessions held?

	Physical activity	Tuesday	CESAP 53, route d'Arlon L-1140 Luxembourg
		2.30pm - 3.30pm	
	Body oriented psychotherapy	Thursday	CESAP 53, route d'Arlon L-1140 Luxembourg
		2.30pm - 3.30pm	
		Friday	



Informations et inscription

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What are the costs?

Annual fee: 31 €.

Participation to the physical activities: 5 € per session.