

L'ESSENTIEL DU SOPHROLOGUE

Chauffage corporel

PRINCIPE : Respirer avec une main posée sur le nombril et une main posée sur les lombaires



Technique de respiration :

Selon le rythme préconisé par ma (mon) sophrologue, j'inspire par le nez (mon ventre se gonfle) et j'expire (mon ventre se dégonfle). J'augmente petit à petit la vitesse de ma respiration. Puis je ralentis et je prends conscience de mes sensations.

1. Je respire la tête droite.
2. Je respire la tête penchée en arrière.
3. Je respire la tête penchée en avant.

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