

ROSALIE EVELYN

LA GYMNASTIQUE ÉMOTIONNELLE

VERS UN NOUVEL ÉQUILIBRE
CORPS-ESPRIT



La Gymnastique Eacuteemotionnelle Vers Un Nouvel Eacuteequilibre Corpsesprit

Rosalie Evelyn



La Gymnastique Émotionnelle Vers Un Nouvel Équilibre Corps-esprit:

La gymnastique émotionnelle Rosalie Evelyn, 2015-05-27 Notre corps est sculpté par nos émotions. Elles le façonnent depuis notre plus jeune âge. Les difficultés personnelles, professionnelles, familiales sont autant d'épreuves émotionnelles au cours desquelles notre corps s'adapte mais aussi encaisse. En se raidissant durablement, les crispations s'installent et se transforment en rigidité et en blocages. La douleur et la souffrance apparaissent. Comment remédier à ces raideurs ? La gymnastique émotionnelle propose un travail concret du corps pour libérer les émotions, apaiser les tensions, retrouver mobilité et souplesse. Fondée sur une compréhension originale des blessures cachées, cette approche psycho-corporelle vise une transformation globale et positive par le mouvement. Se réapproprier son corps pour se sentir libre dans son corps et dans sa tête.

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