

La respiration apaisante des 3 étages du corps.

Respiration anti stress

Assis ou debout, les yeux ouverts, prendre trois cycles de respiration (inspiration et expiration) en montant d'un étage dans le corps.



3. Respiration claviculaire

Inspirer par le nez en soulevant les épaules comme pour se grandir et se rapprocher du ciel. L'air qui soulève les épaules est bleu. Conserver cet air pur quelques secondes avant de l'expirer lentement par la bouche.

2. Respiration pulmonaire

Inspirer par le nez en gonflant la poitrine et remplir les poumons d'un air de couleur verte. Sentir la cage thoracique se soulever. Expirer en laissant sortir l'air apaisant par le nez.

1. Respiration ventrale

Inspirer par la bouche amplement en gonflant le ventre et en visualisant le souffle de couleur orangée. Expirer par la bouche en dégonflant lentement le ventre et en visualisant le souffle orangé sortir du corps.

La Meacutethode Anti Stress

Joacim Rocklöv



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