

TRAVAIL Serein à la maison

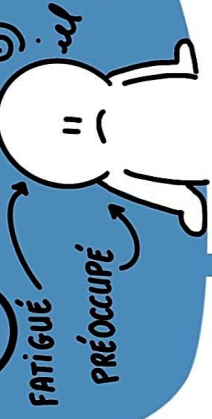
1.

MON ÉTAT ?
3 PARCOURS

SE CONCENTRER



S'ENCOURAGER

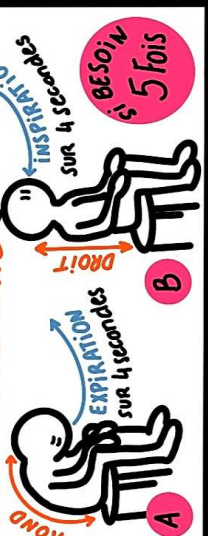


SE POSER



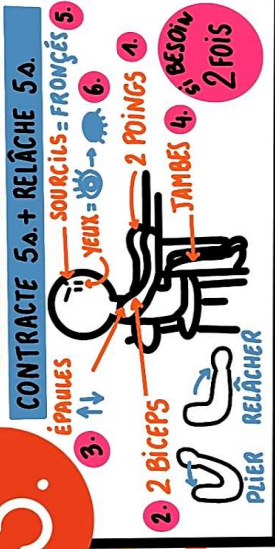
2. 30s

BONNE POSTURE



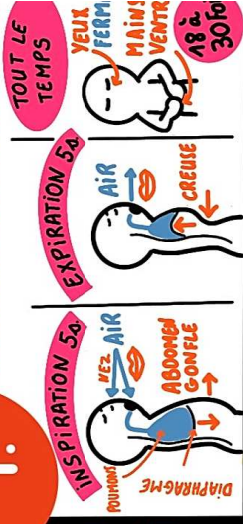
3. 3mn

ÉVACUER LES TENSIONS



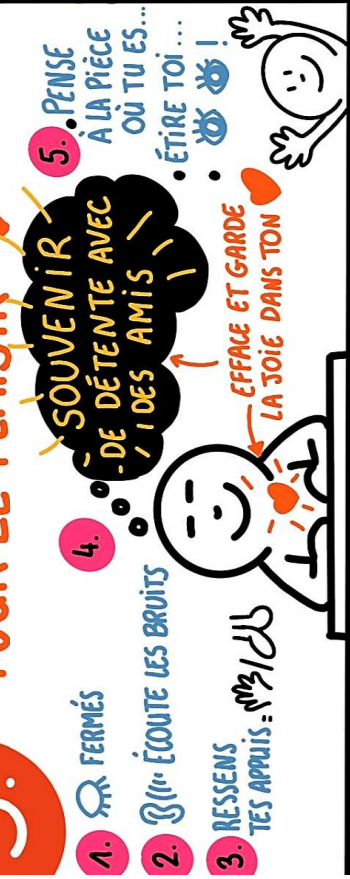
4. 3-5 mn

SE CALMER AVEC LA RESPIRATION ABDOMINALE



5. 4-2 mn

POUR LE PLAISIR



6. 4-2 mn

SE CONCENTRER

