

# Dénouer les tensions et retrouver ma concentration #1 - 15 minutes-

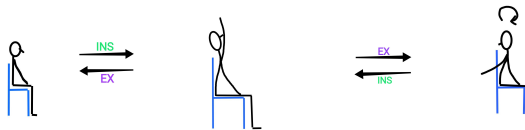
1 : palming



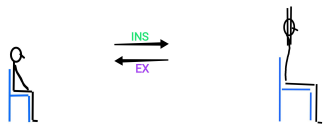
2 : observer 3 respirations naturelles



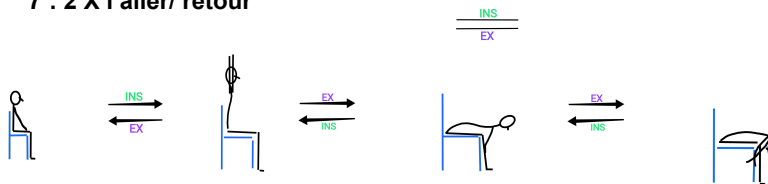
6 : 3 X de chaque côté



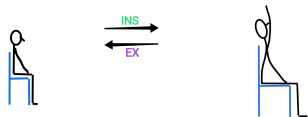
3 : 3 X dynamique



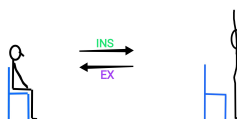
7 : 2 X l'aller/ retour



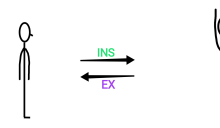
4 : Alternier G/D 3x / 2 cotés



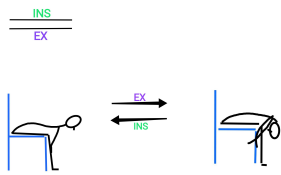
8 : 4 X dynamique



9 : 3 X dynamiques + 2 respirations statiques



5 : 2 X l'aller/ retour



10: Observer 4 respirations naturelles



11: marchez quelques pas, et vous voilà opérationnel.les pour reprendre le travail 😊.