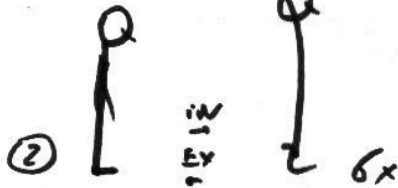
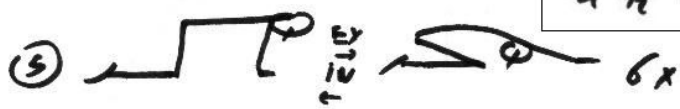
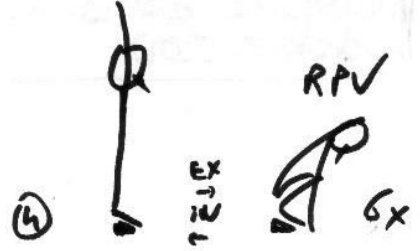
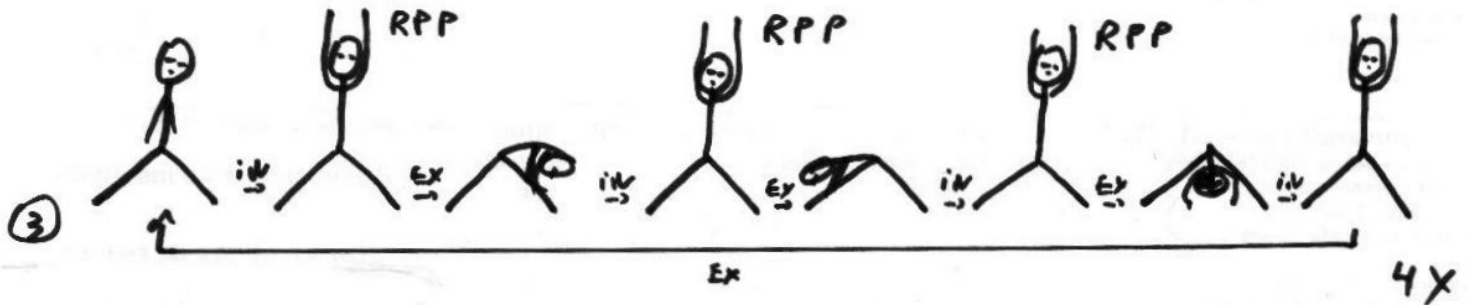


J'allonge ma respiration

Les 4 phases de la respiration

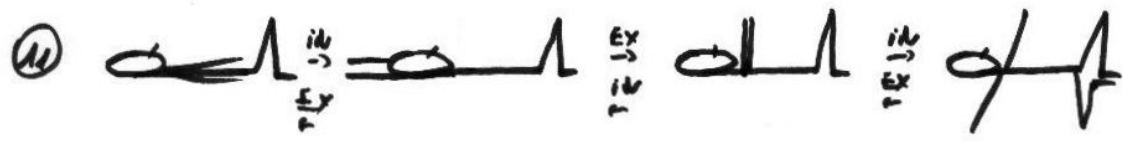
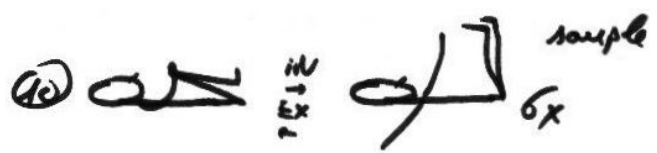
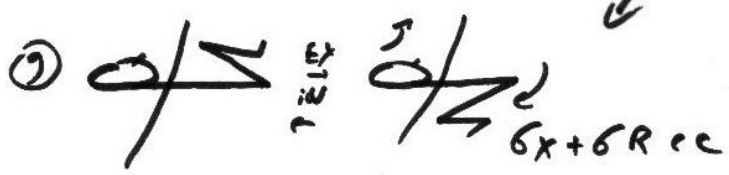
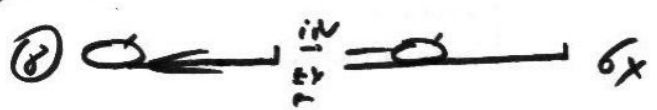
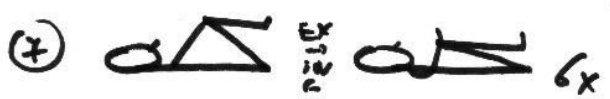
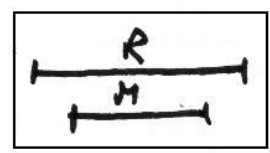
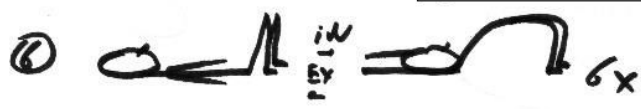


rythme respiratoire
1 1/2 1 1/2
(en 4 s)



rythme respiratoire
1 1/2 1 1/2 (en 6 s)

rythme 1 1 1 1 (en 5 s)



grande
lentee
3 à 6x



Les 4 phases de la respiration :

1. in : inspiration
2. RPP : retention poumons pleins
3. ex : expiration
4. RPV : retention poumons vides