

Annexes du livre de

Nicolas Chaze



Sophrologie & Sommeil



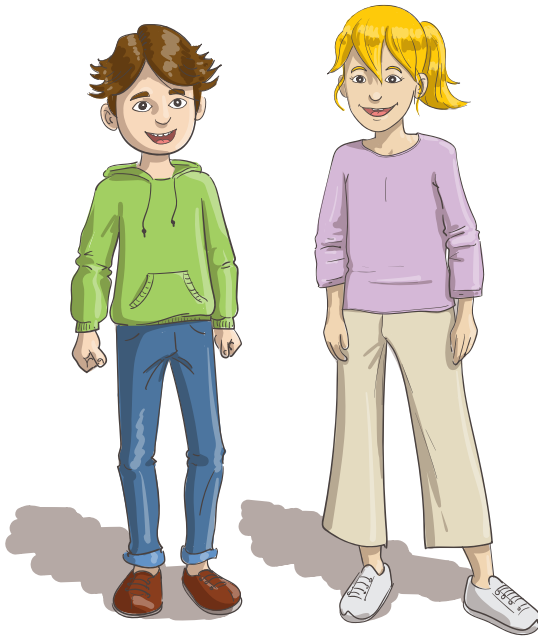
Illustrations de Julien Montet

Tom PouSSe

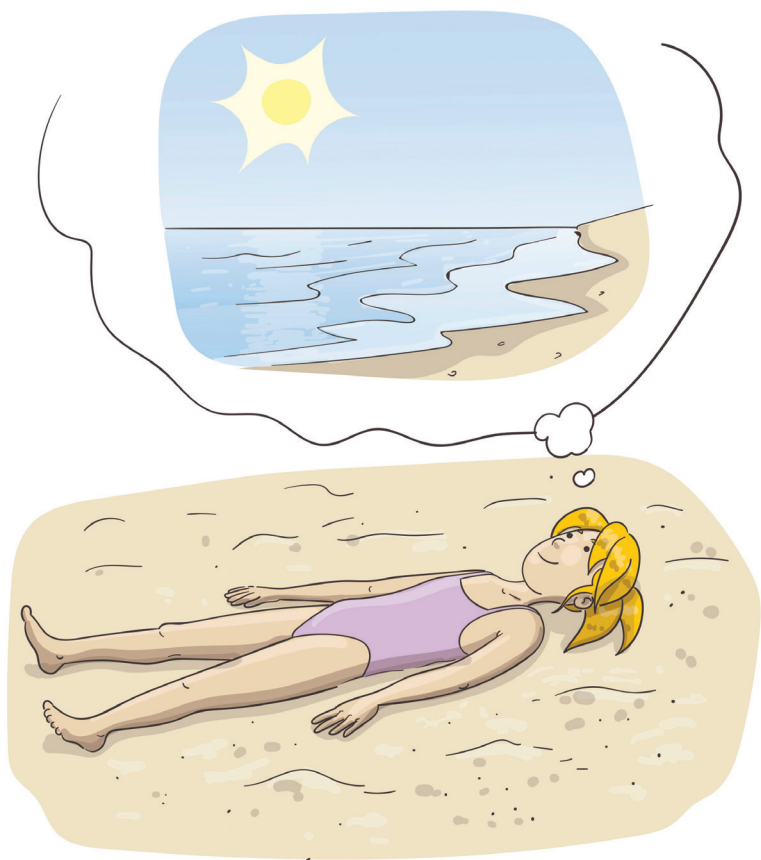


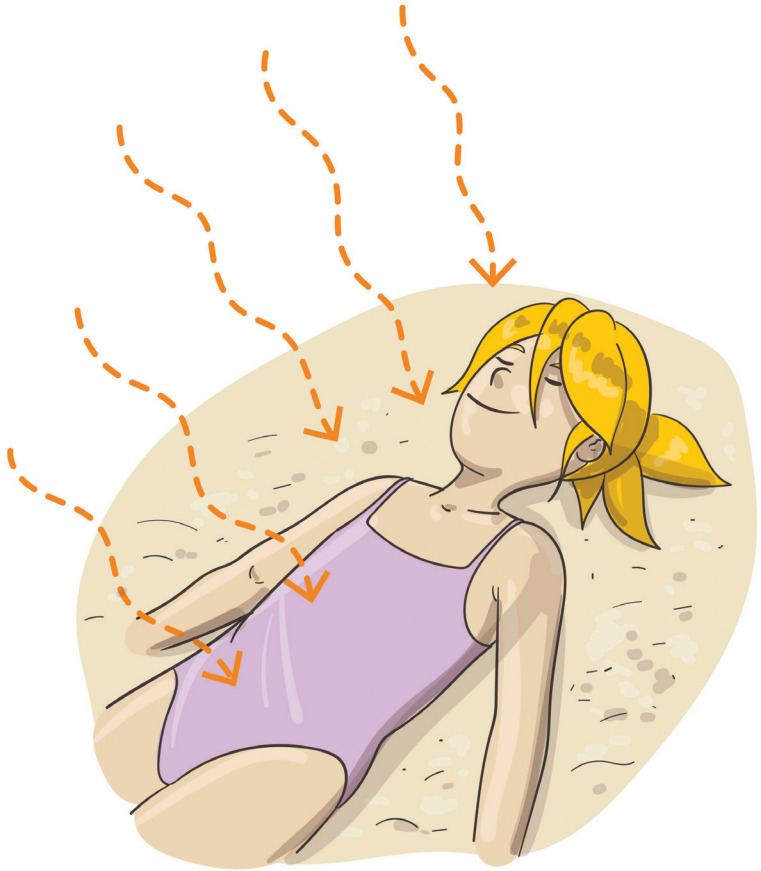
Préparation au sommeil

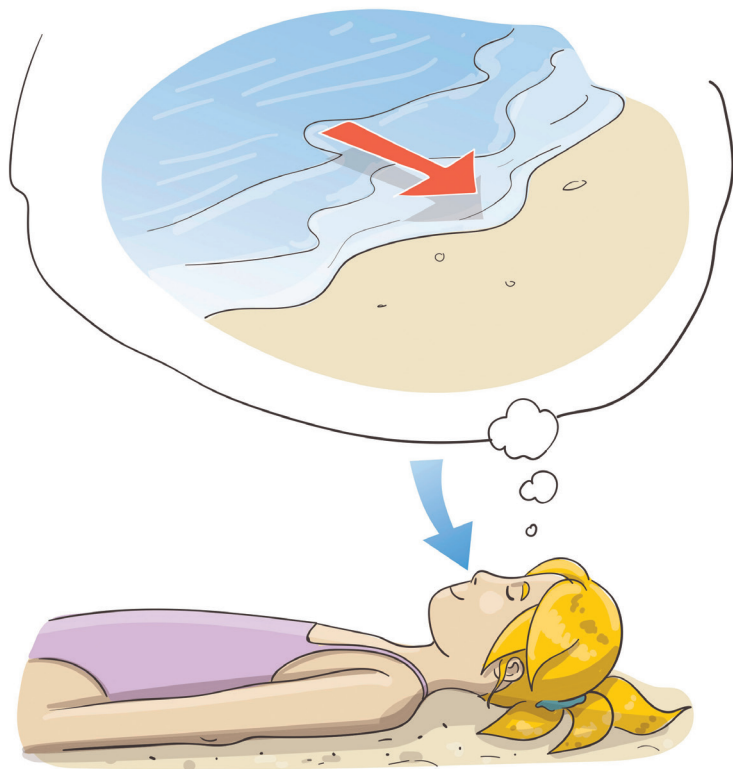
3 À LA PLAGE...

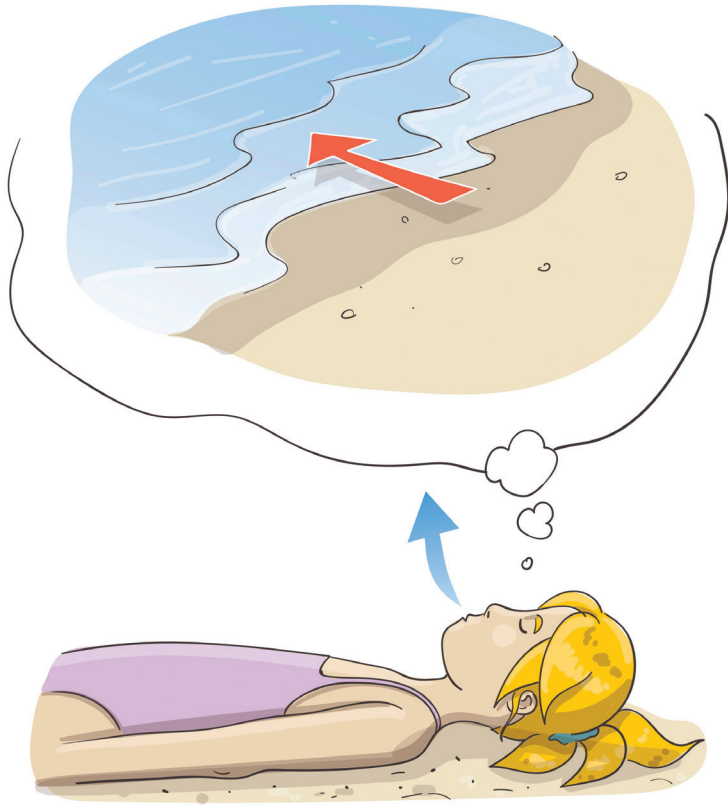


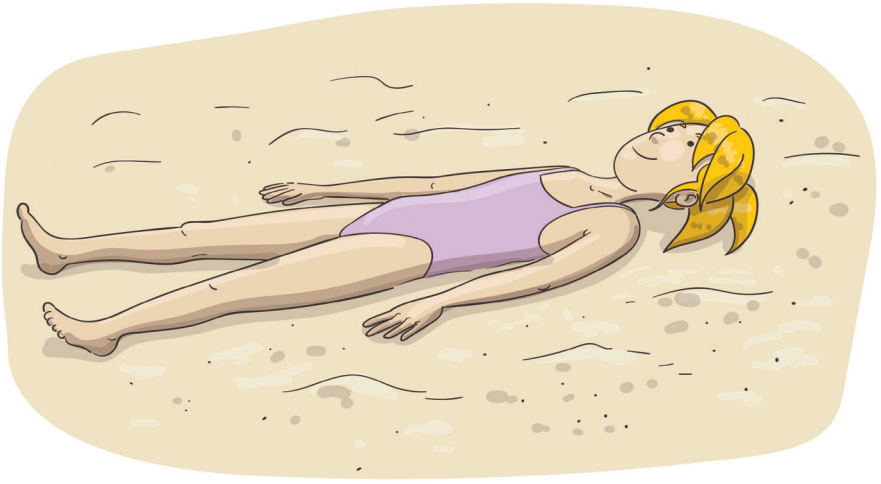








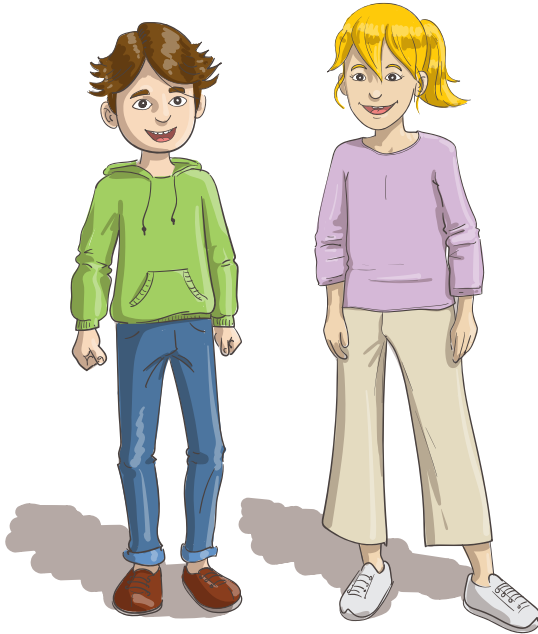


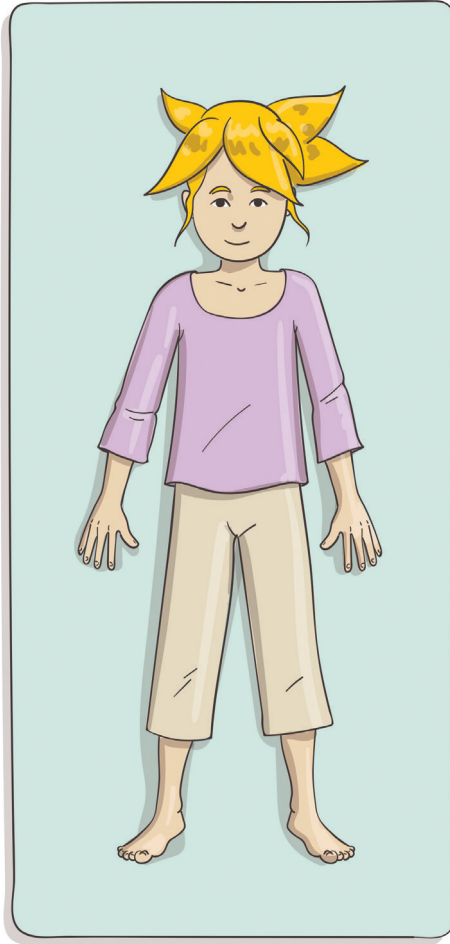


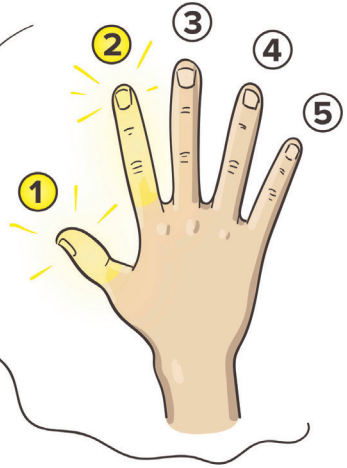
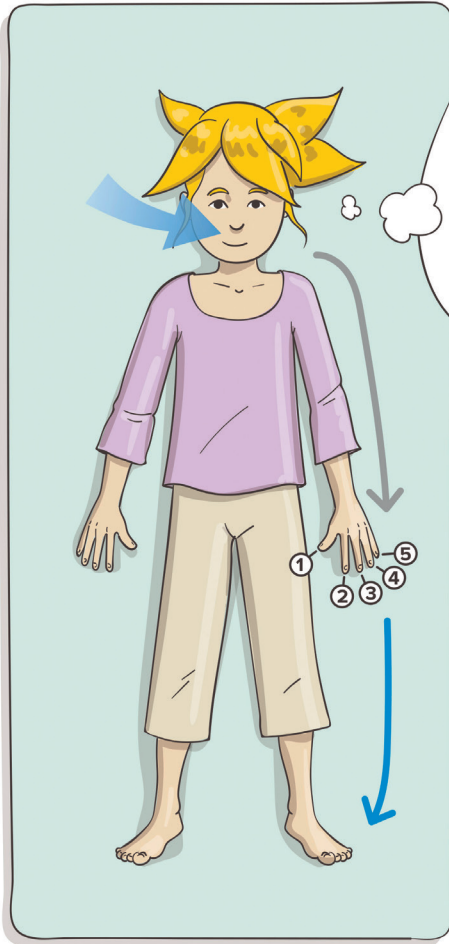
Calme et respiration

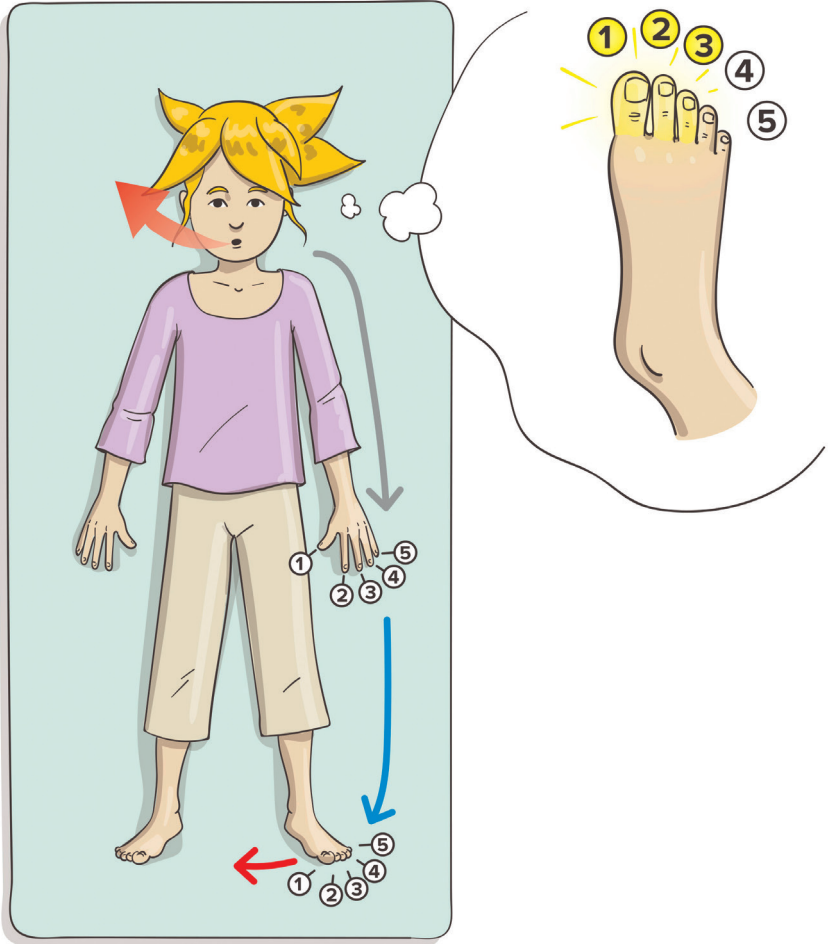


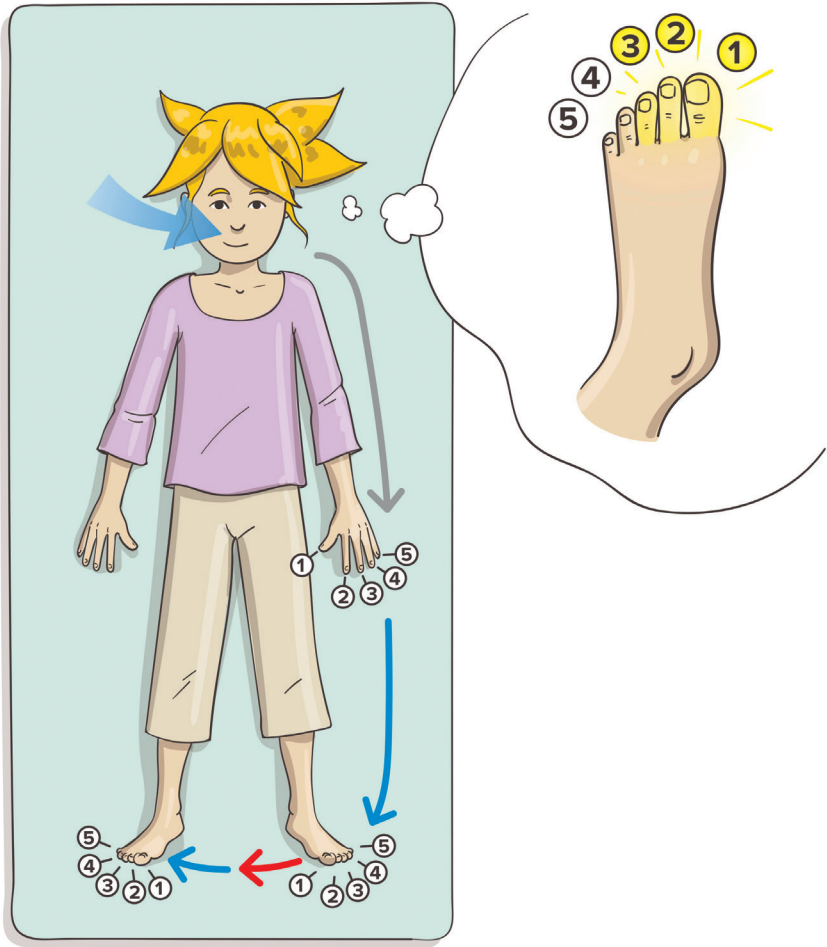
JE RESPIRE AVEC MES MAINS ET MES PIEDS!...

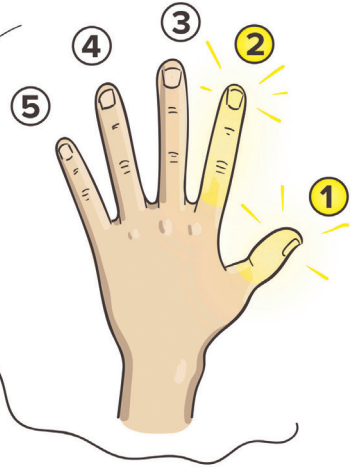
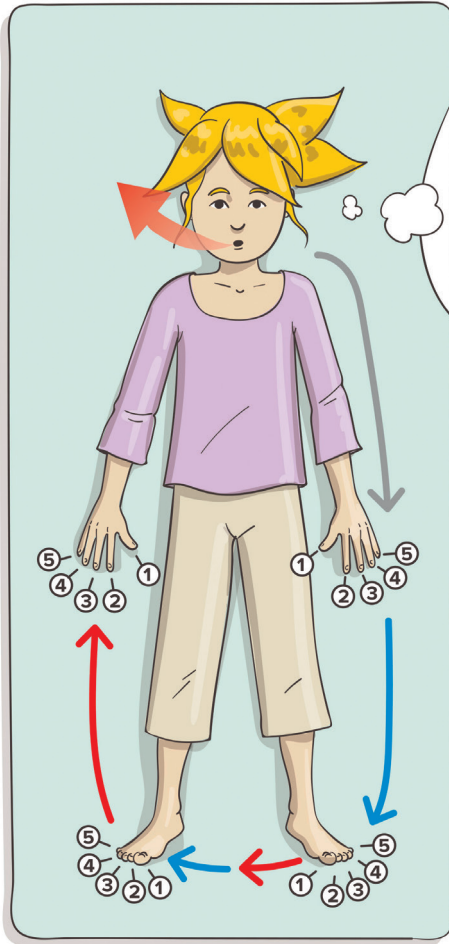


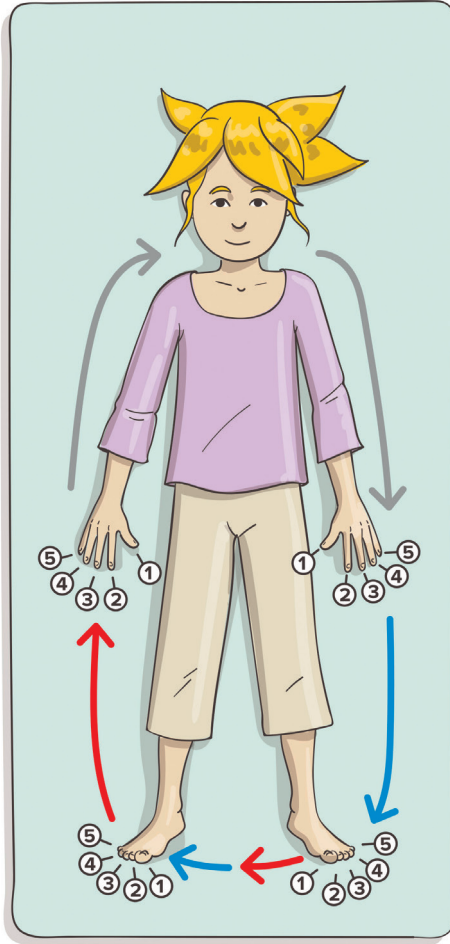












Calme et détente corporelle

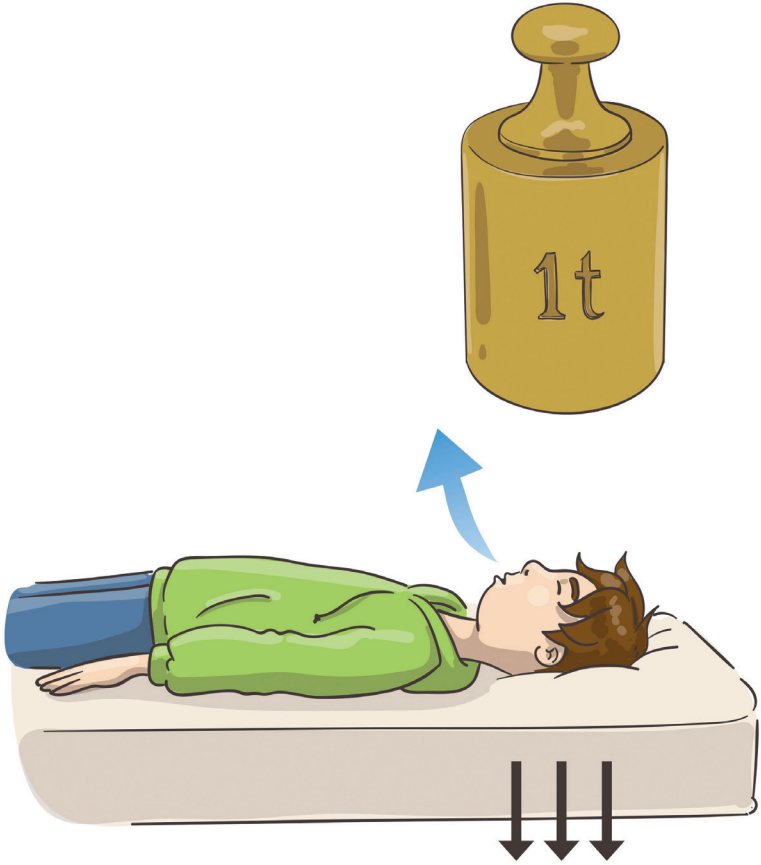


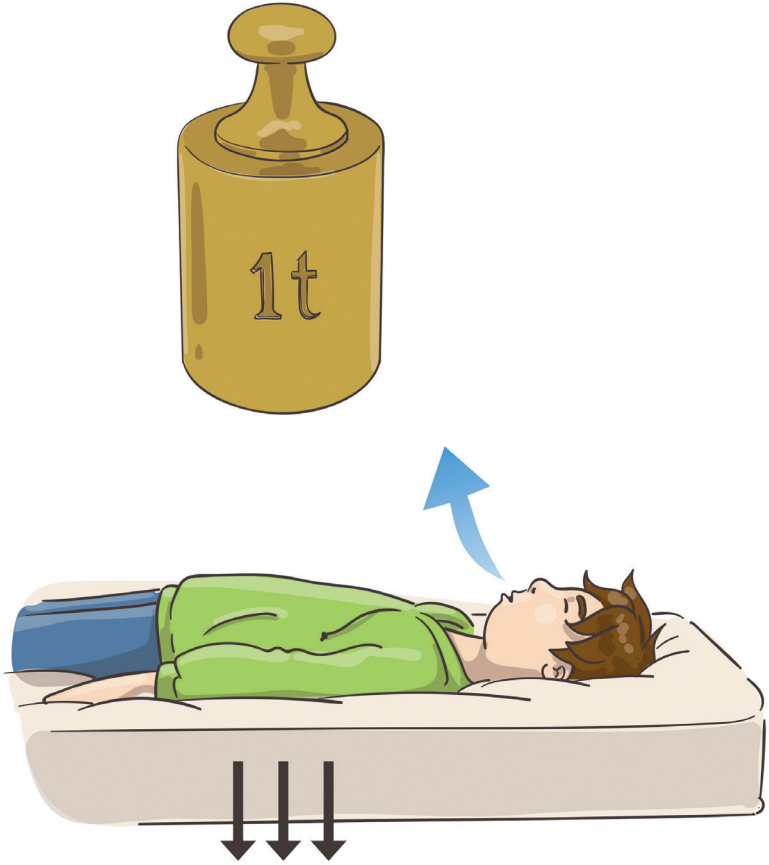
JE PÈSE UNE TONNE...

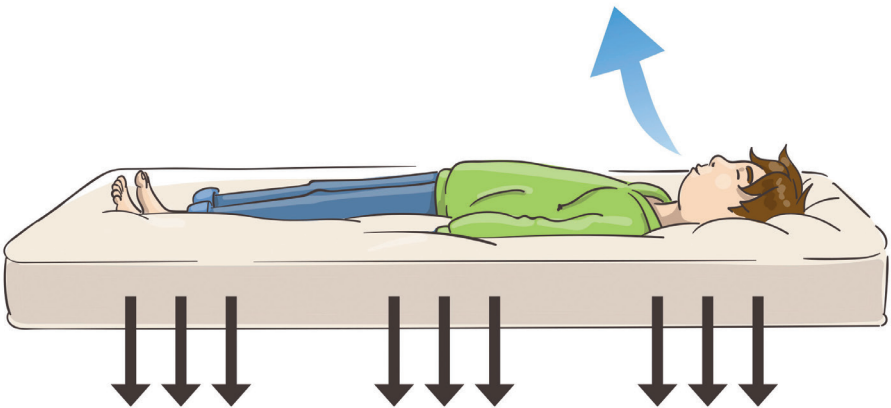
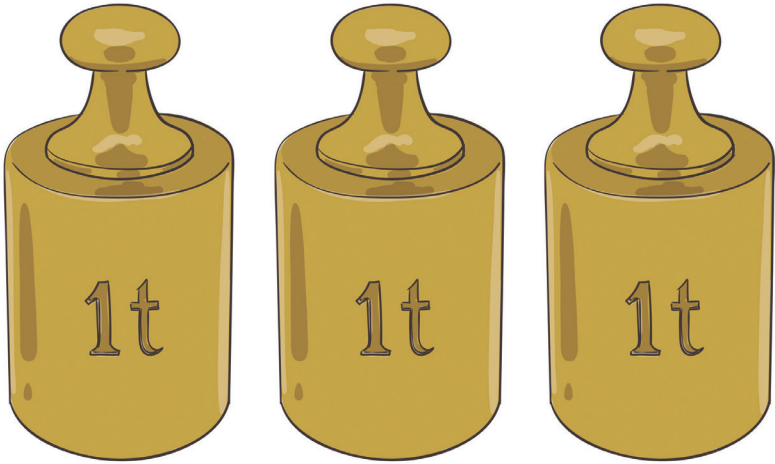


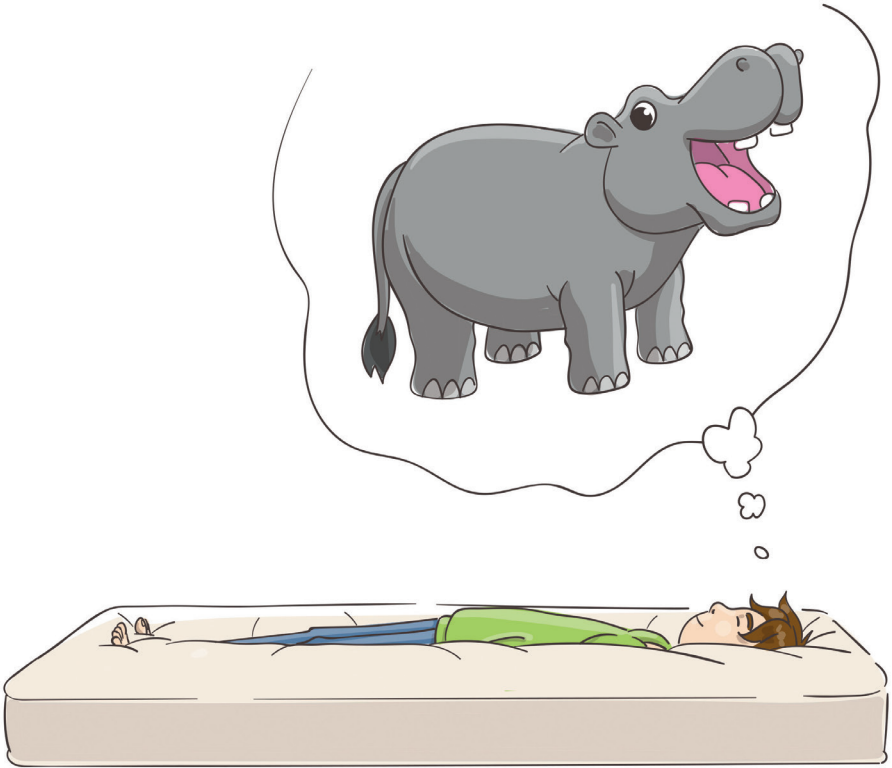












Calme et détente corporelle

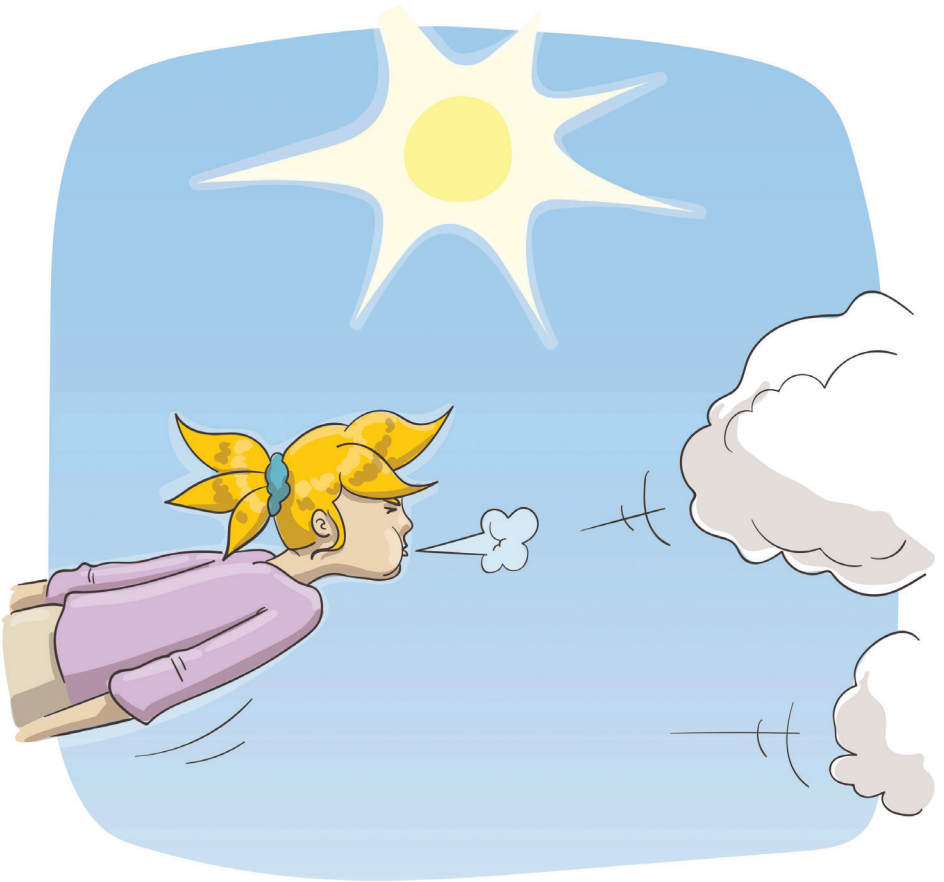


PARMI LES ÉTOILES...





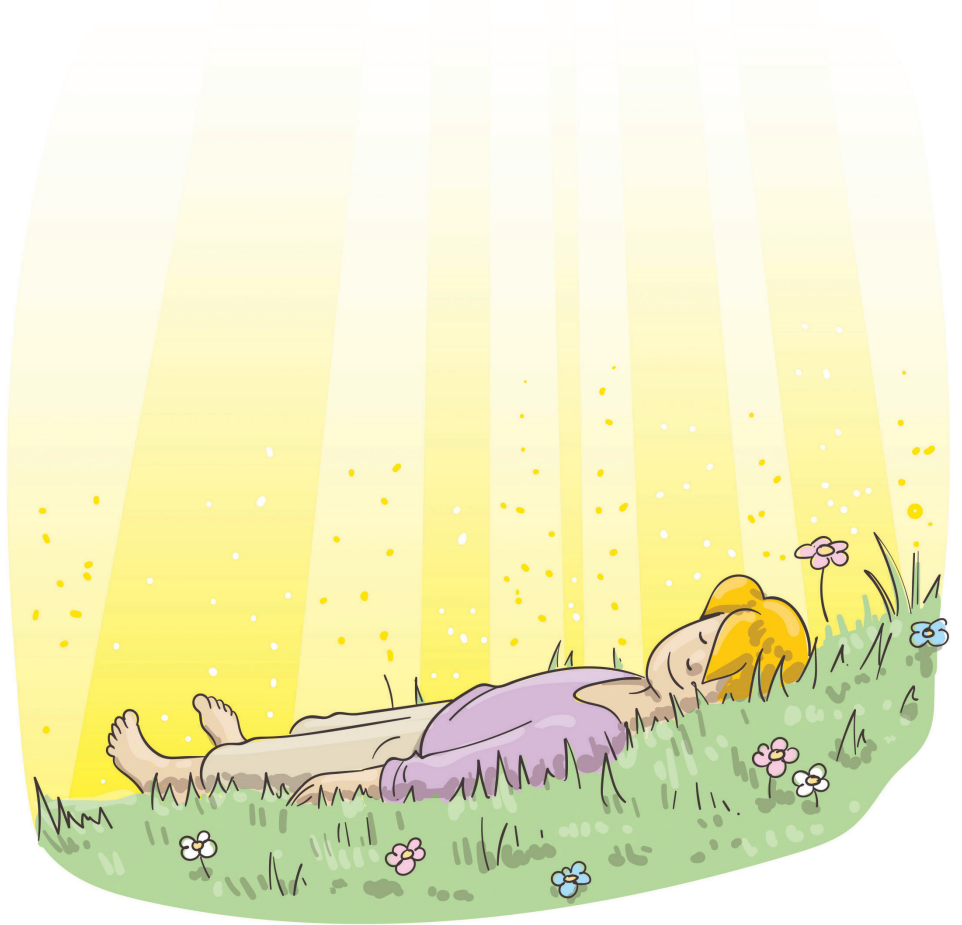












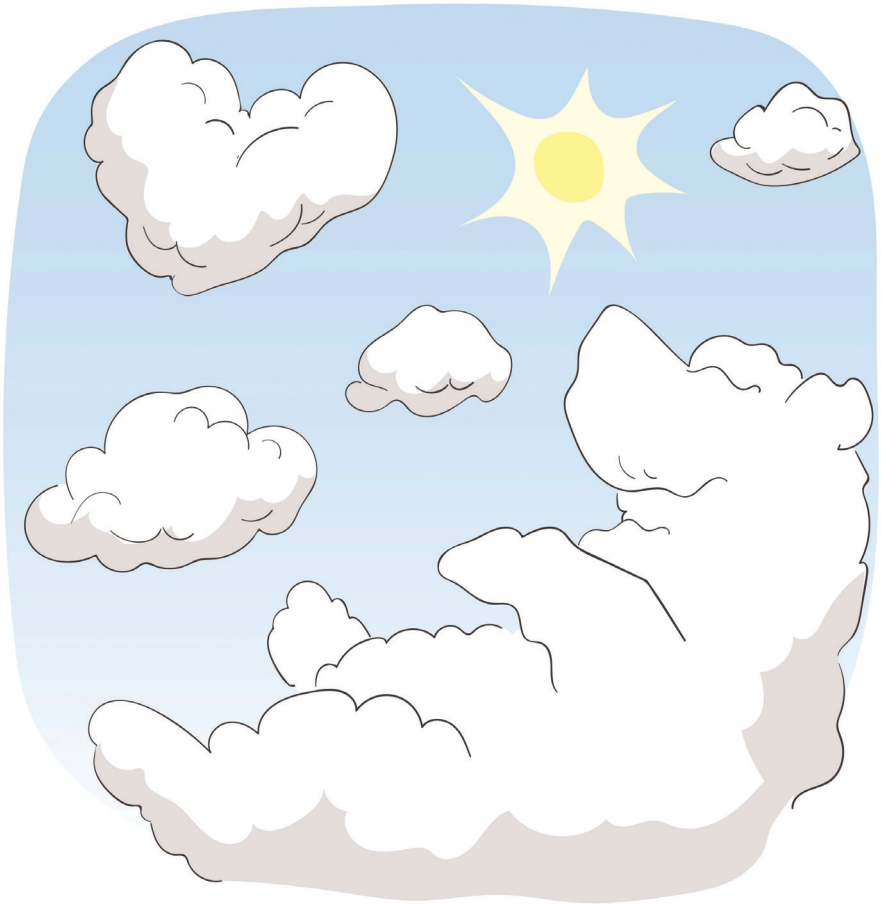
Calme et détente mentale



LE CHASSEUR DE NUAGES...

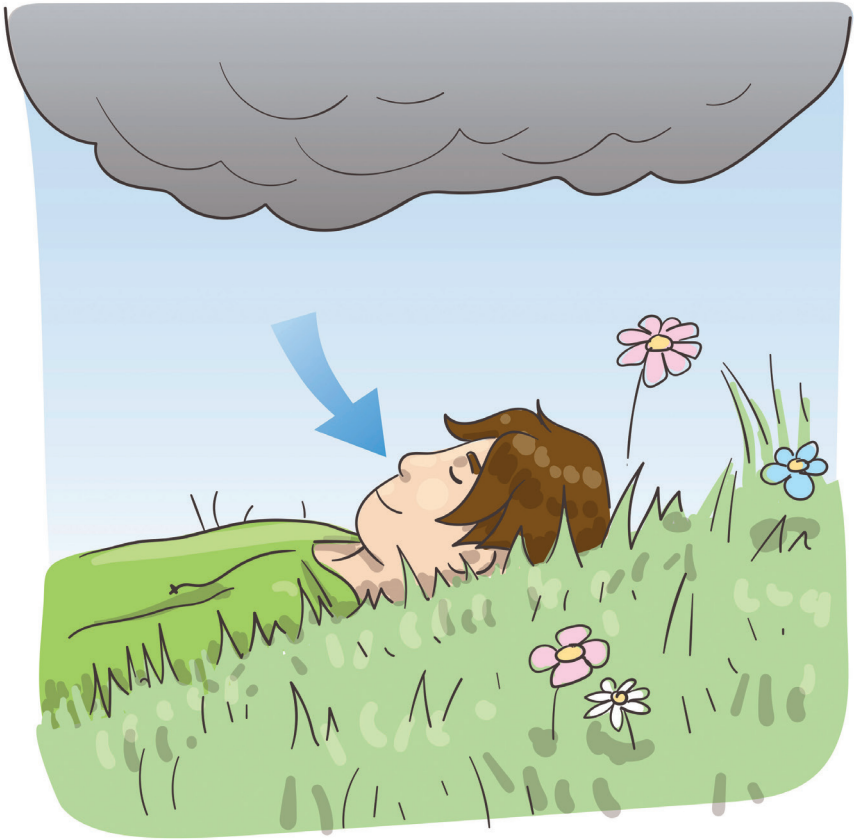


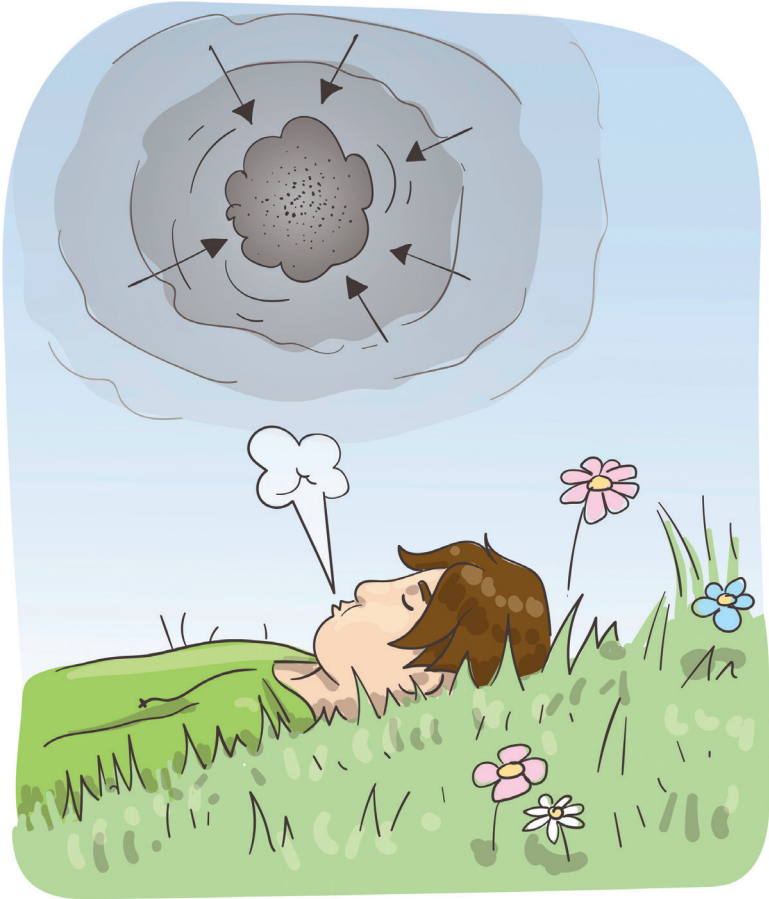








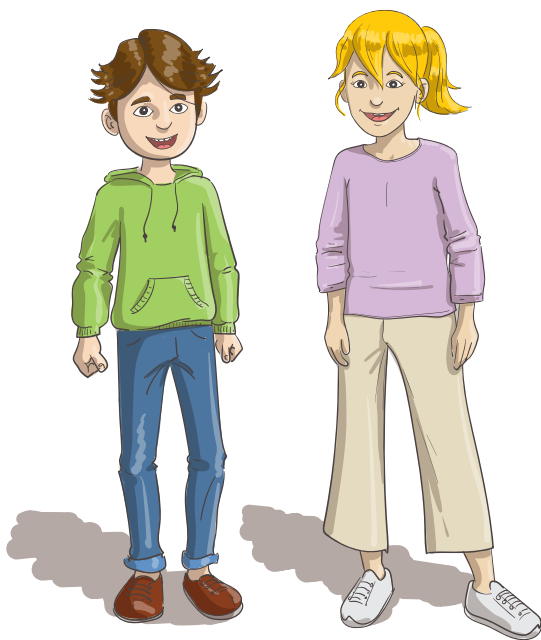






Favoriser l'endormissement

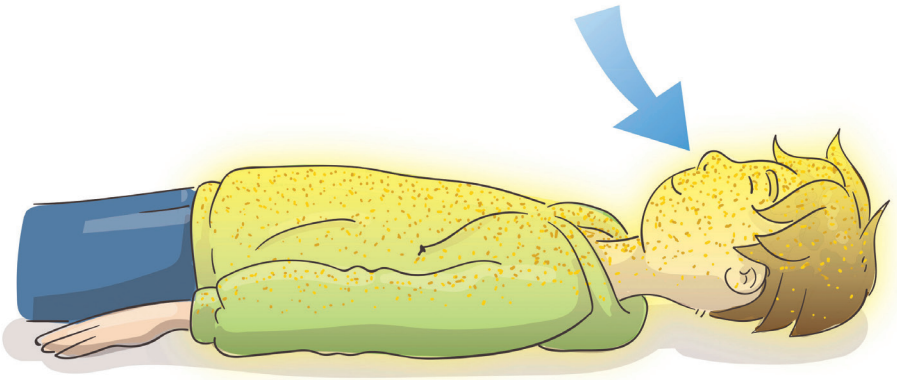
13 LE MARCHAND DE SABLE...



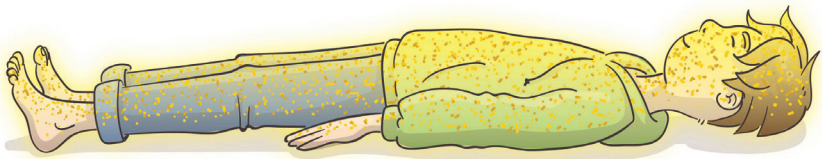










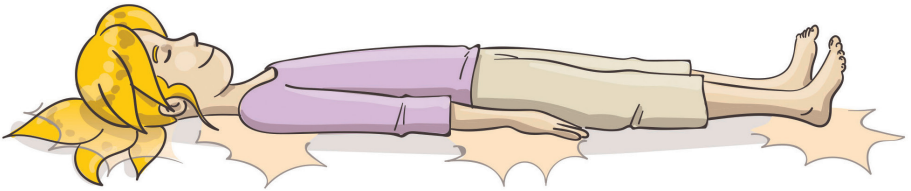


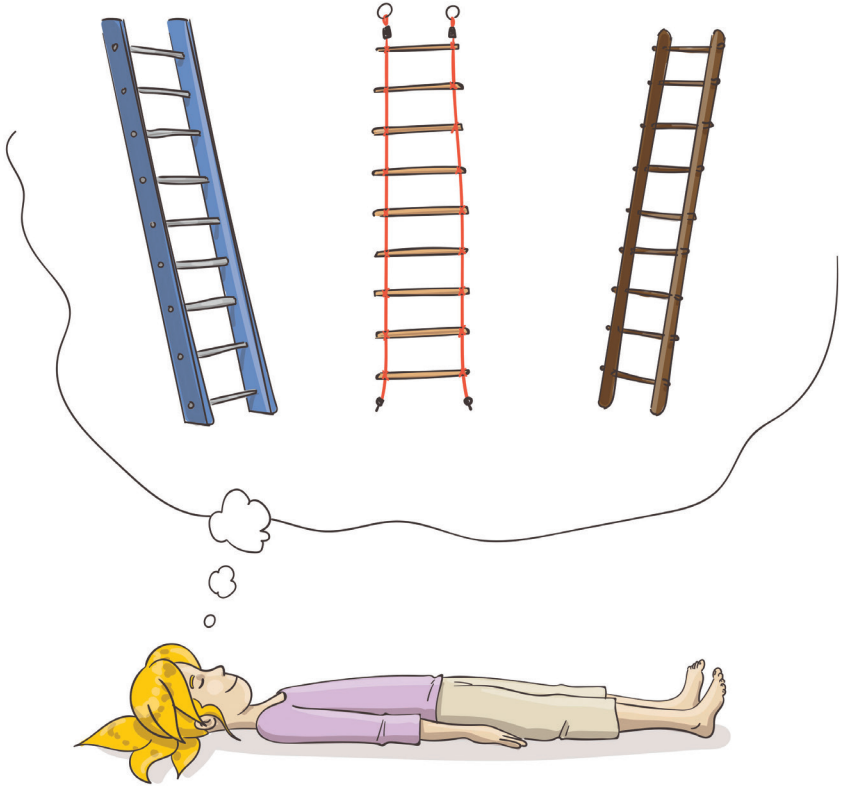
Favoriser l'endormissement

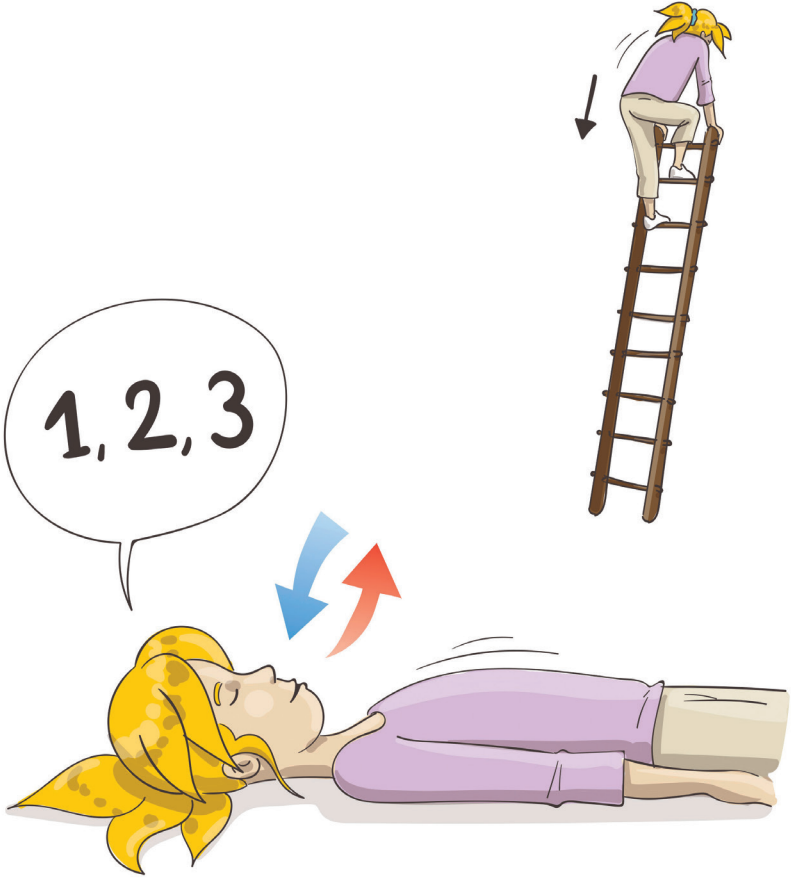


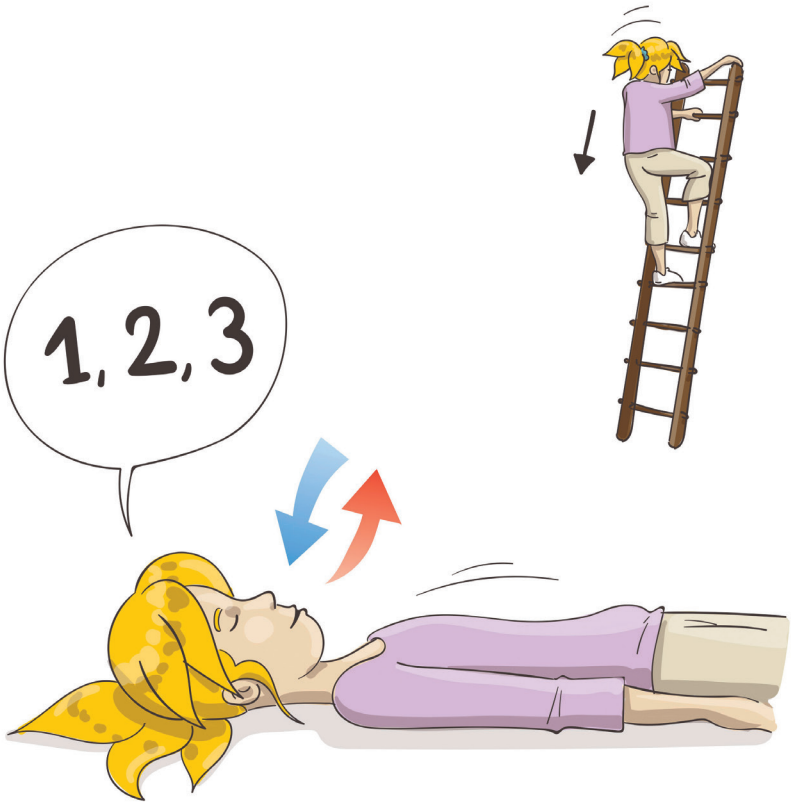
L'ÉCHELLE DU SOMMEIL

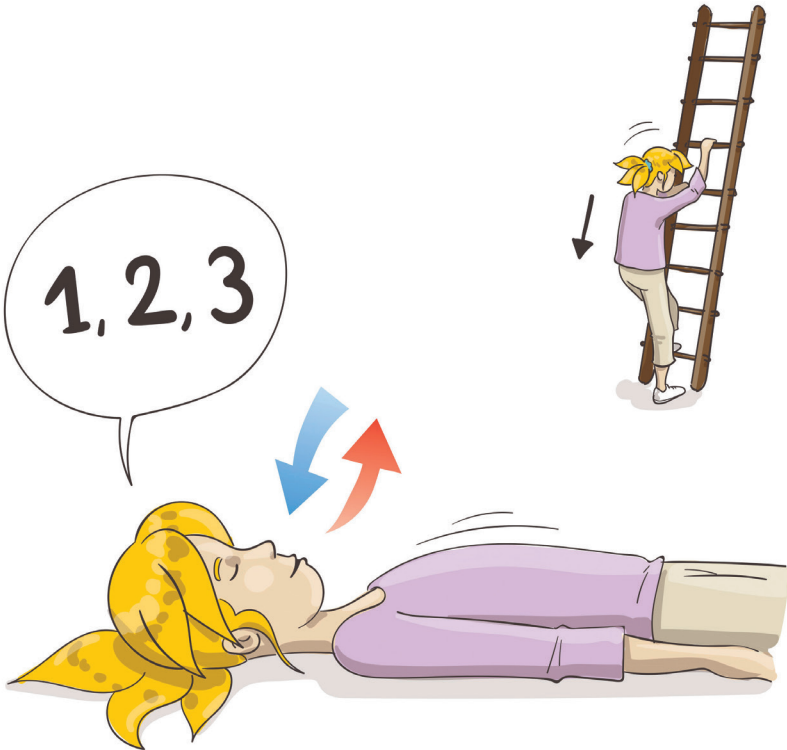










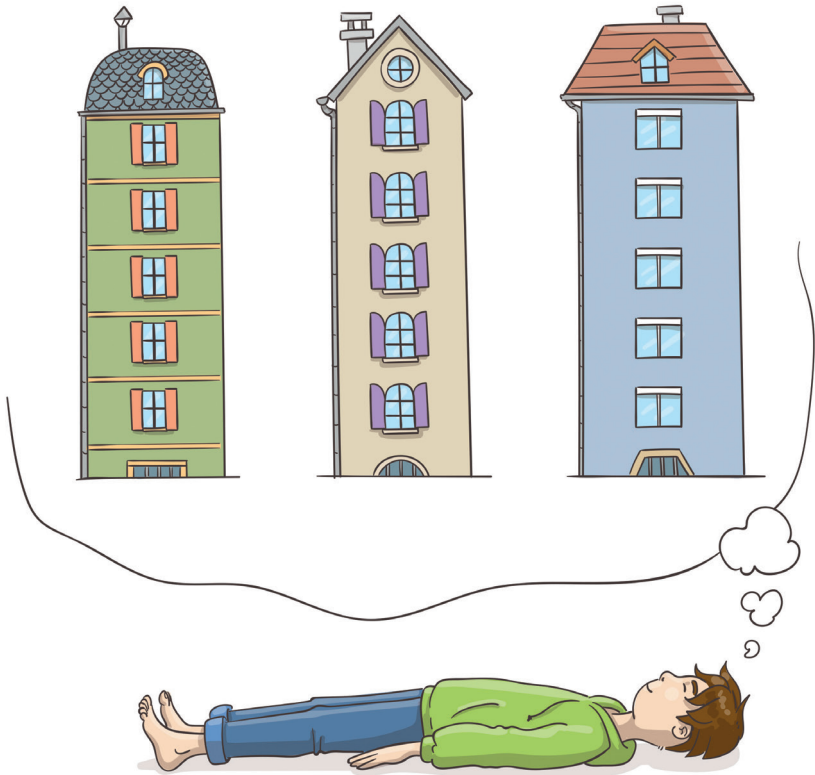




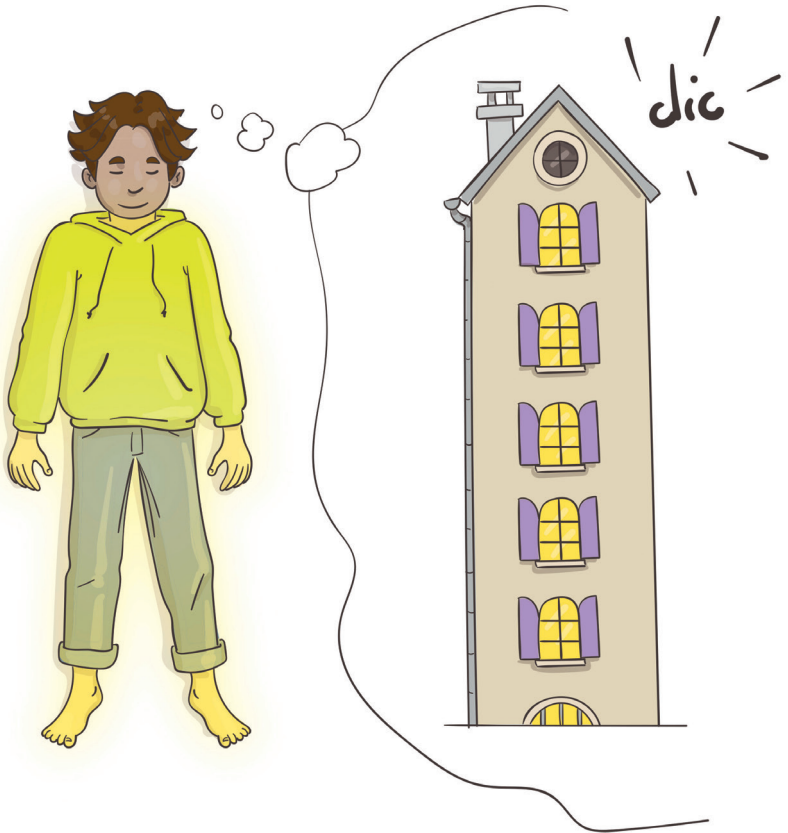
Gérer les réveils nocturnes • Se rendormir

16 BONNE NUIT MON CORPS...

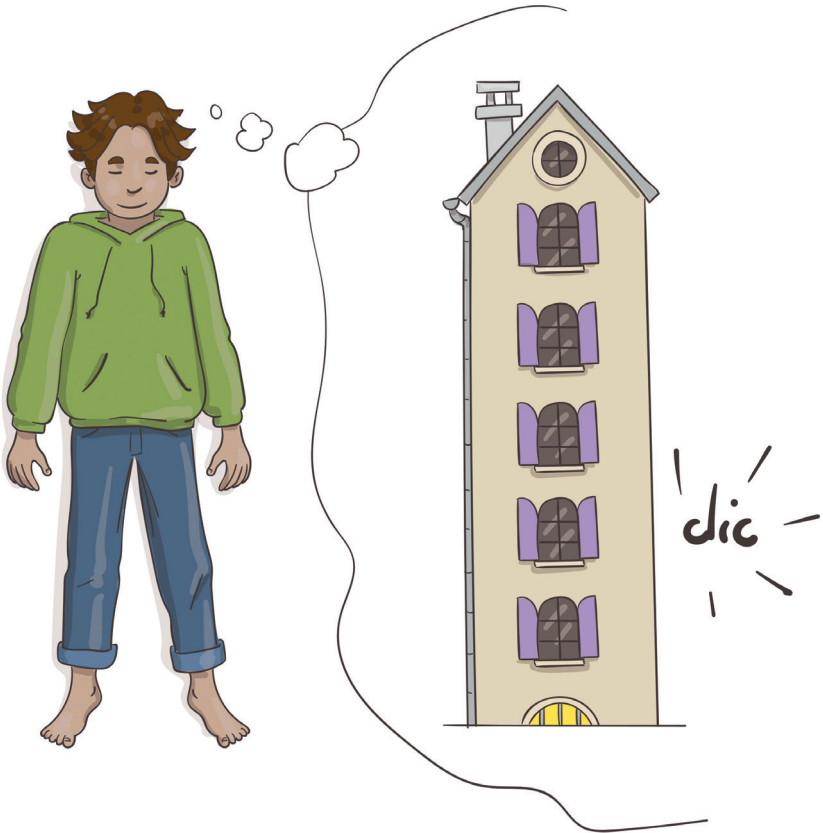


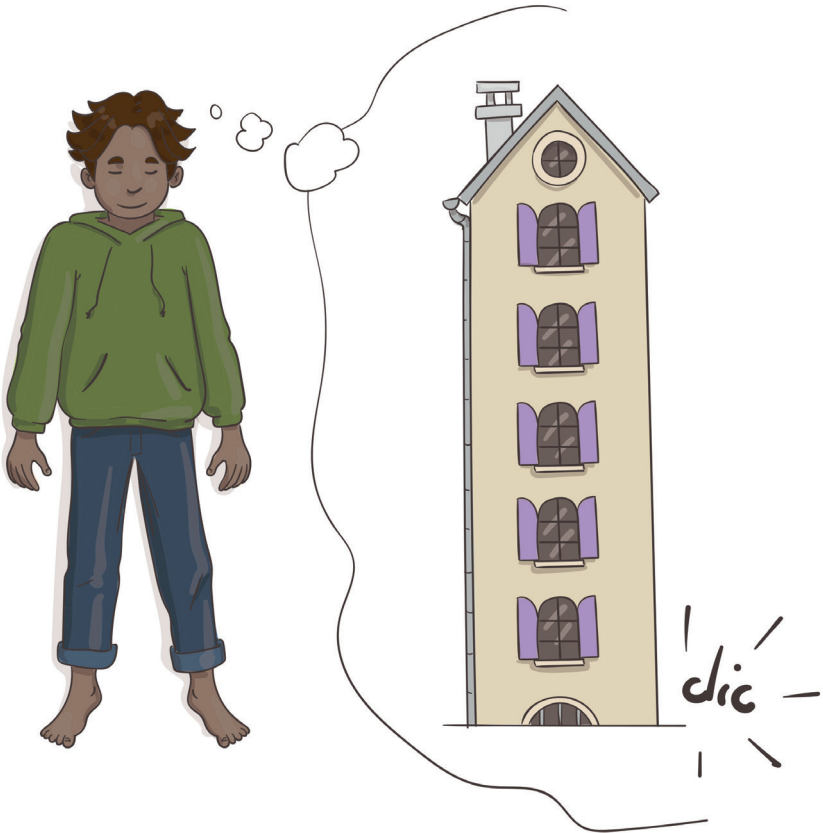








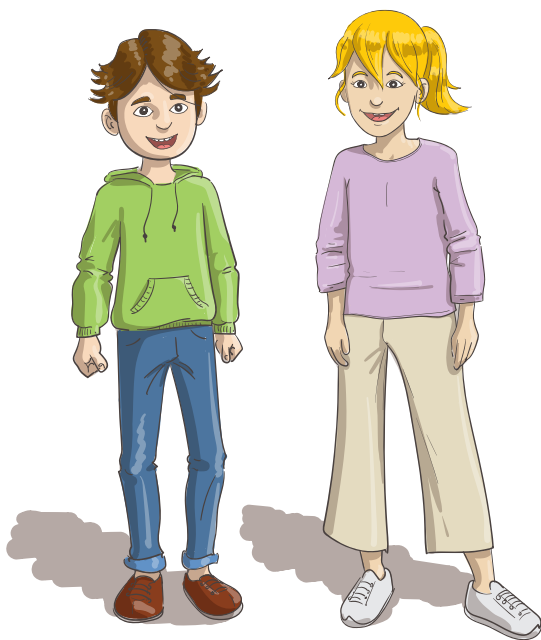


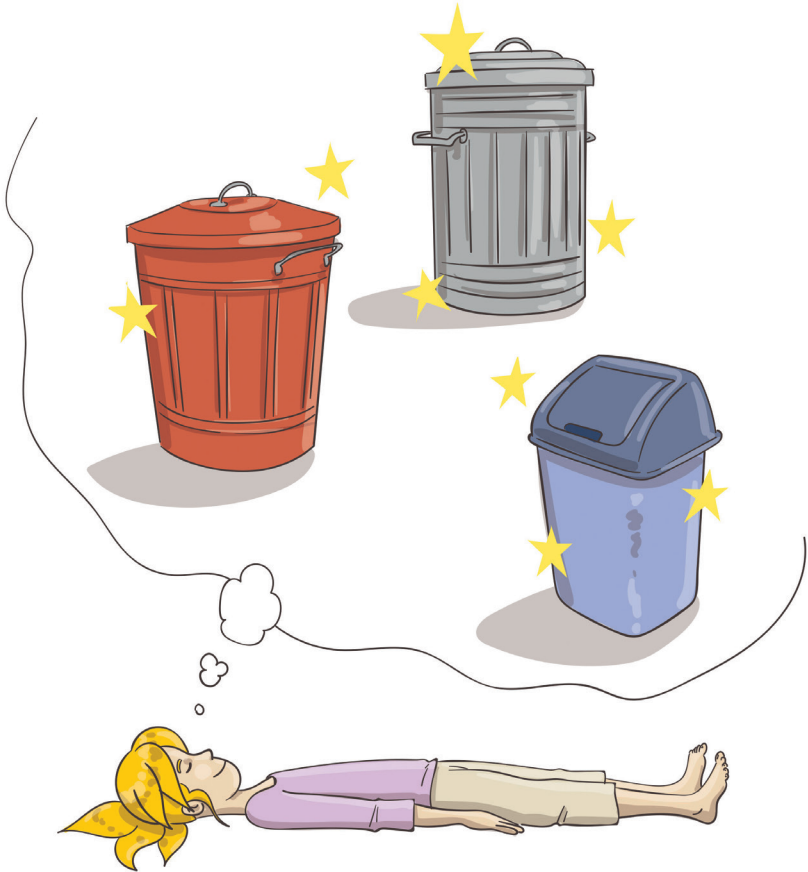


Émotions négatives • Peurs et cauchemars



LES MONSTRES À LA POUBELLE















Détente express et sieste

23 BON VOYAGE !



