

Annexes du livre de

Nicolas Chaze



Sophrologie & Peurs



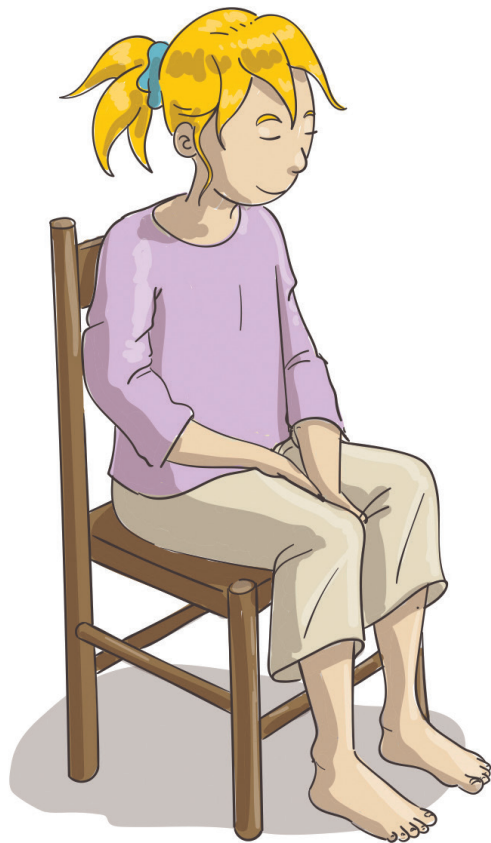
Illustrations de Julien Montet

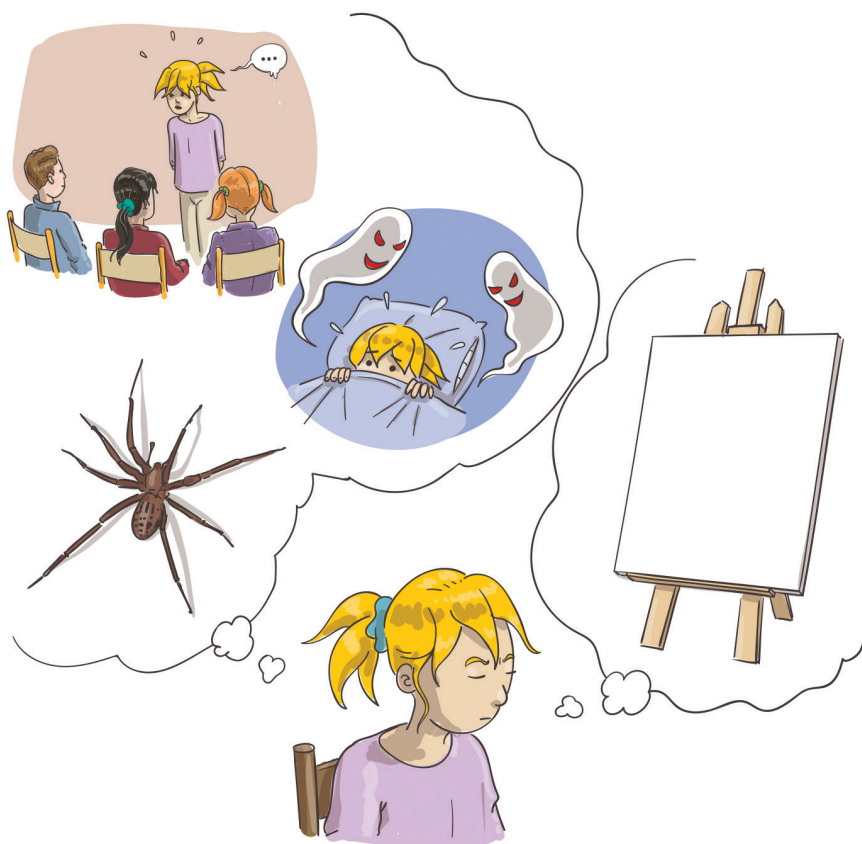
Définir et accueillir ses peurs



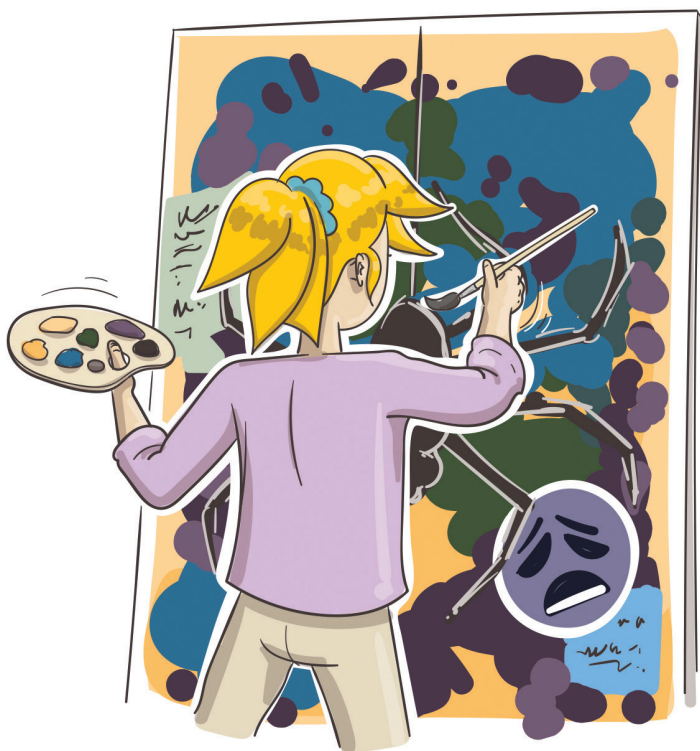
LE TABLEAU MAGIQUE



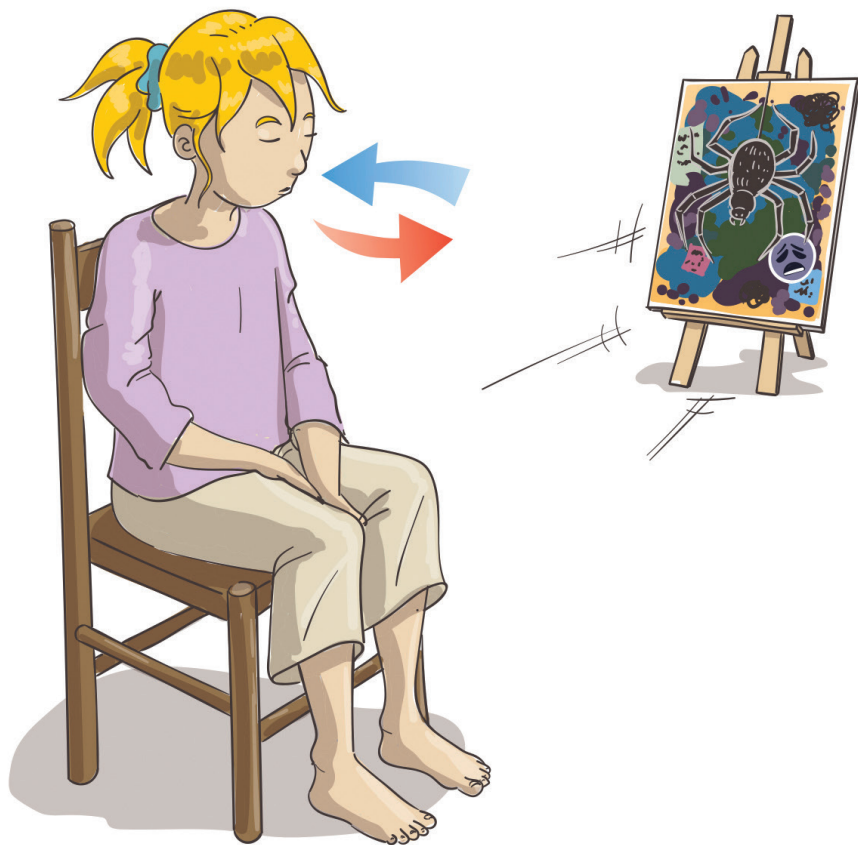








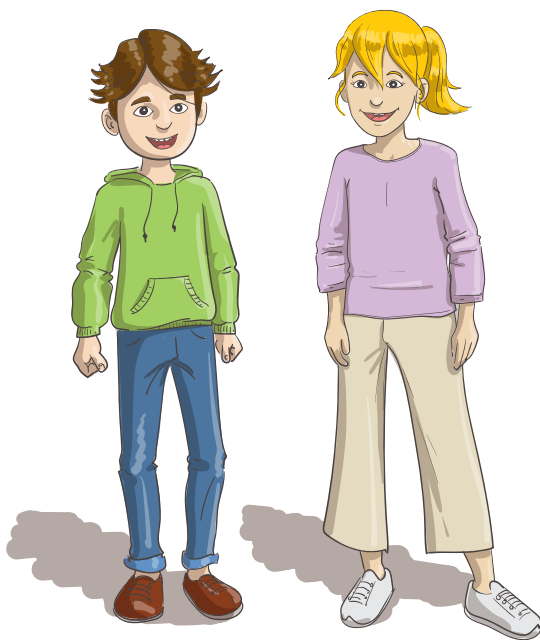




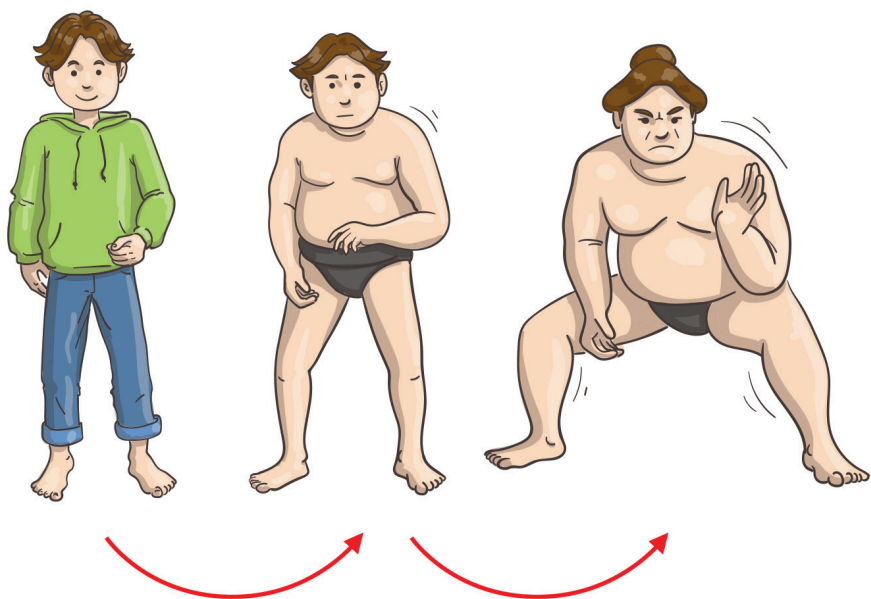
Respiration et ancrage

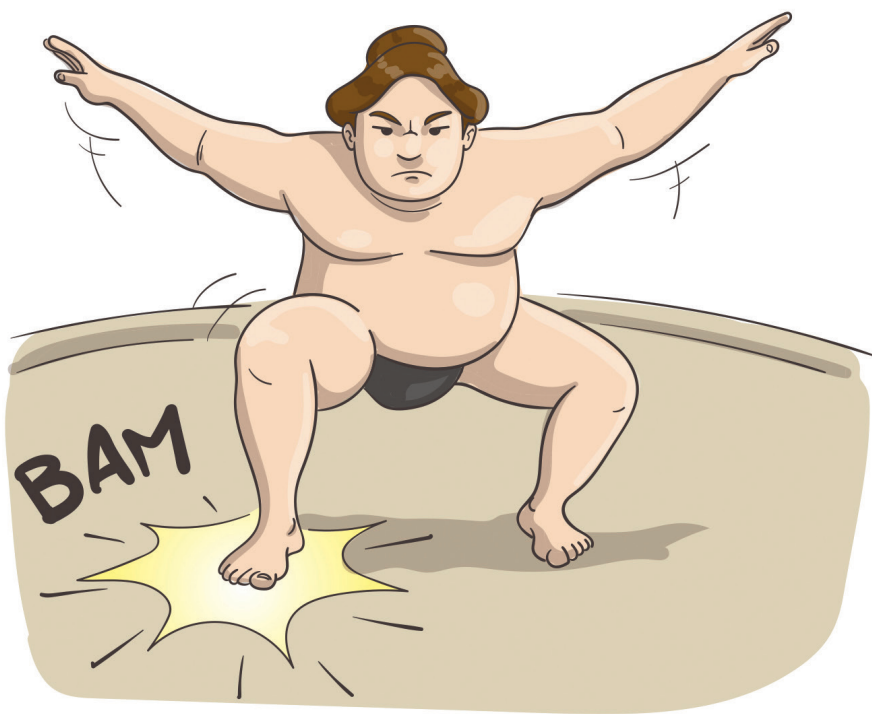


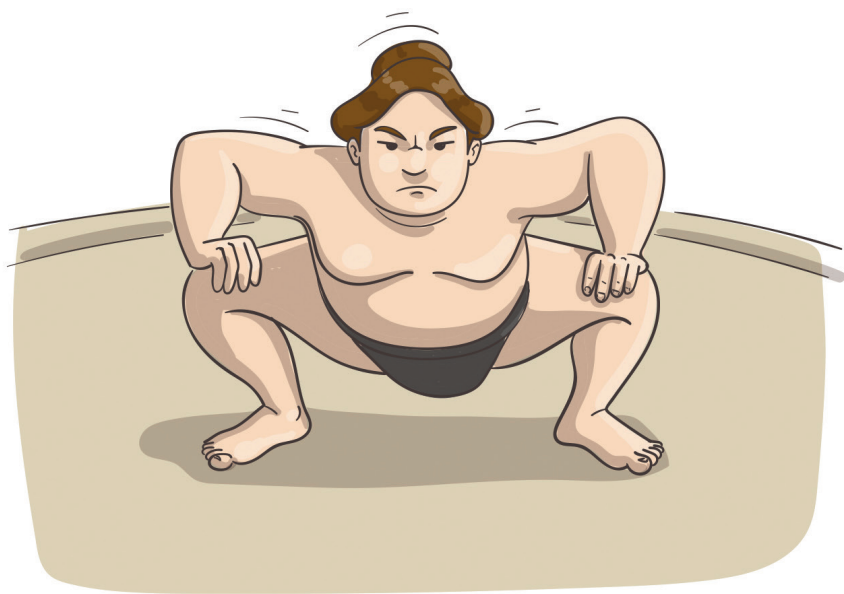
LA MARCHÉ DU SUMO

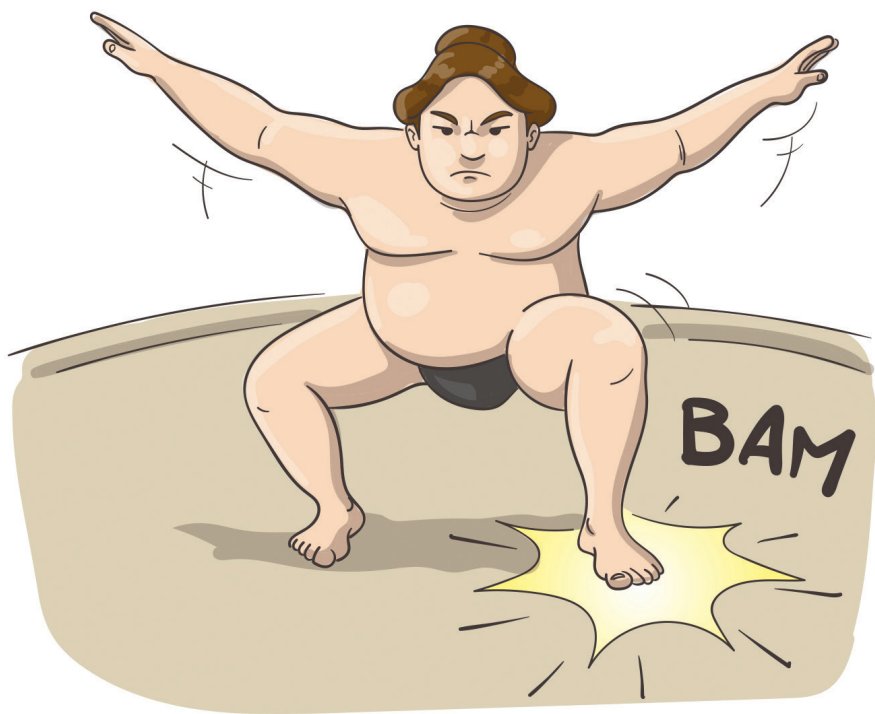


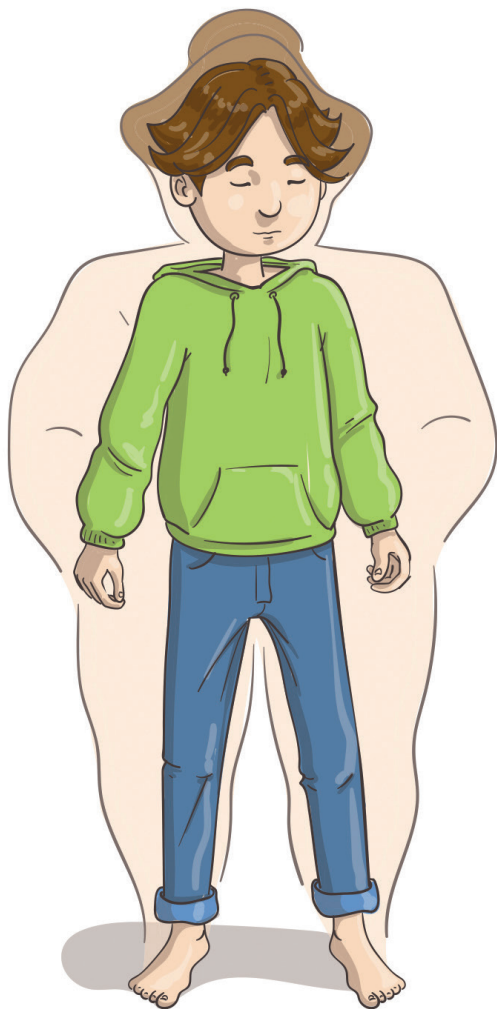






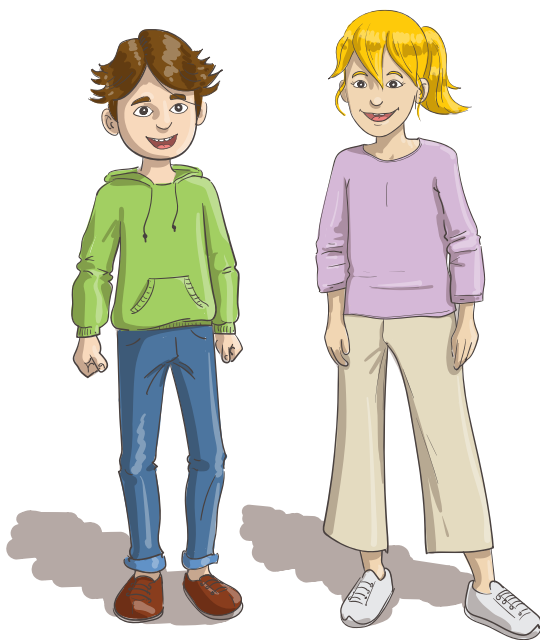


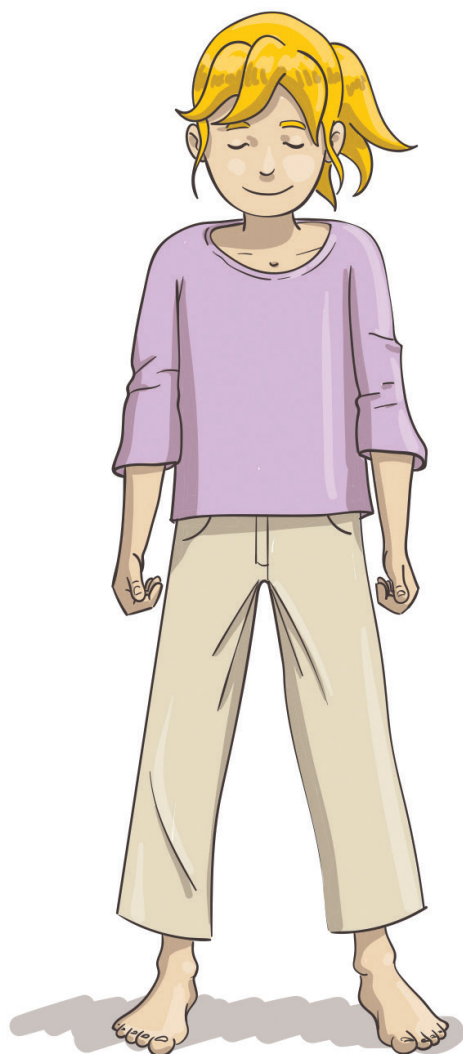


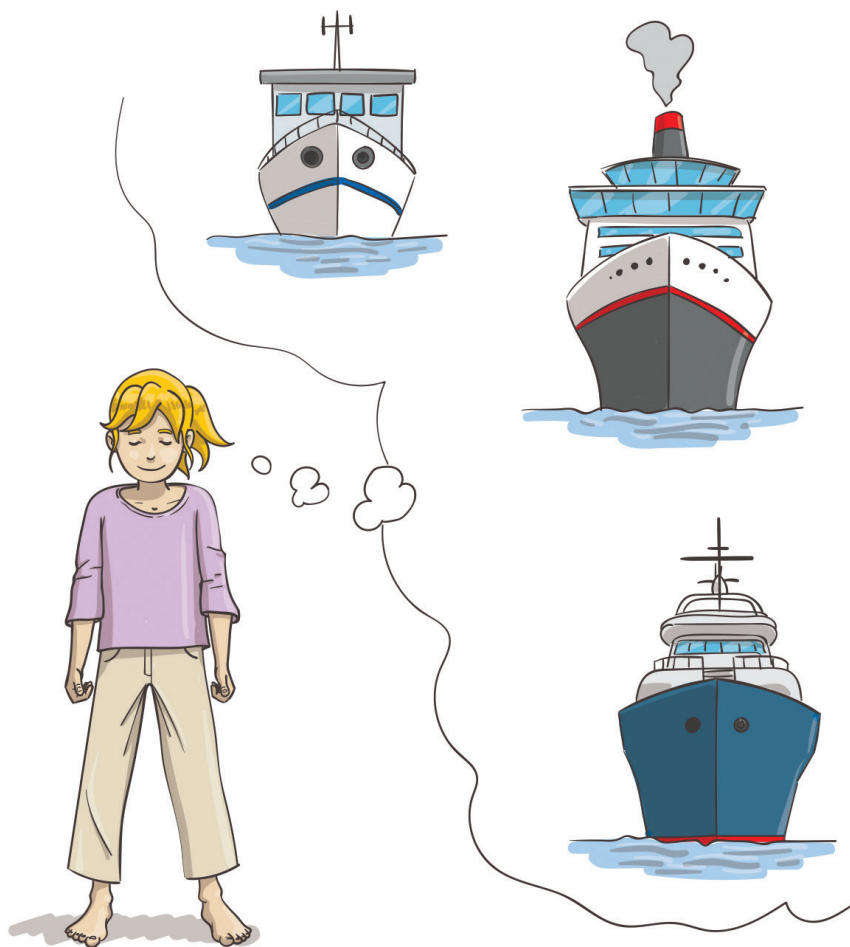


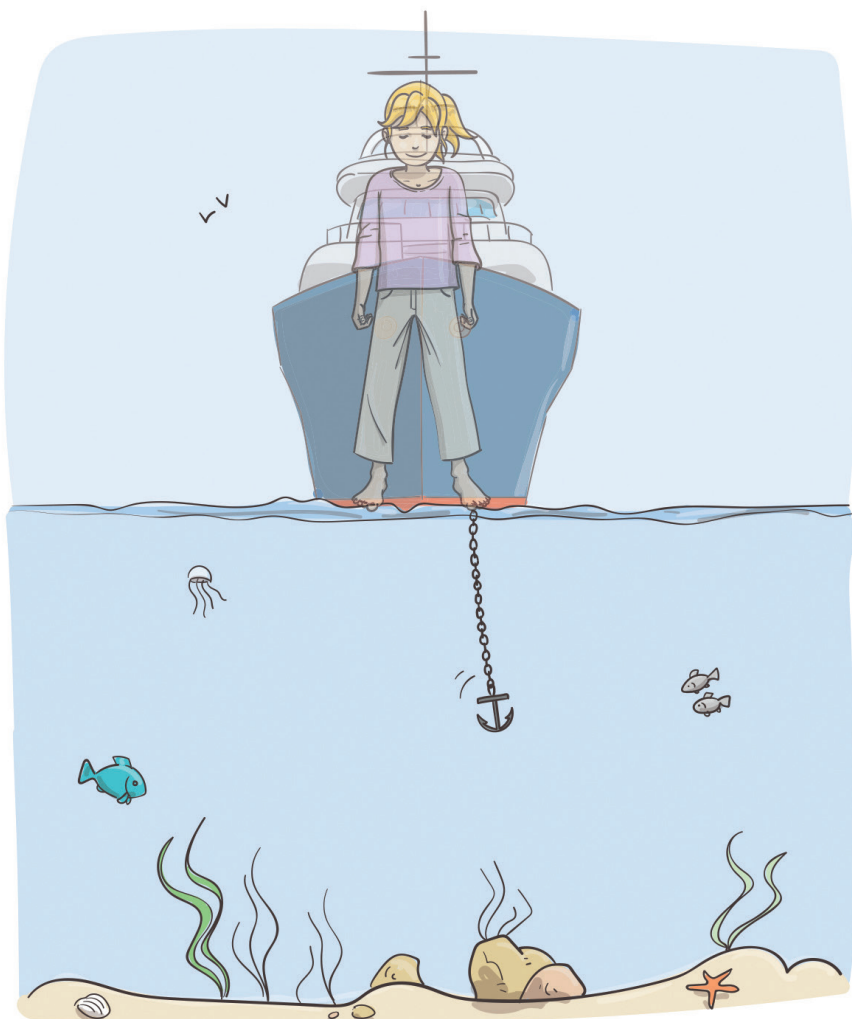
Respiration et ancrage

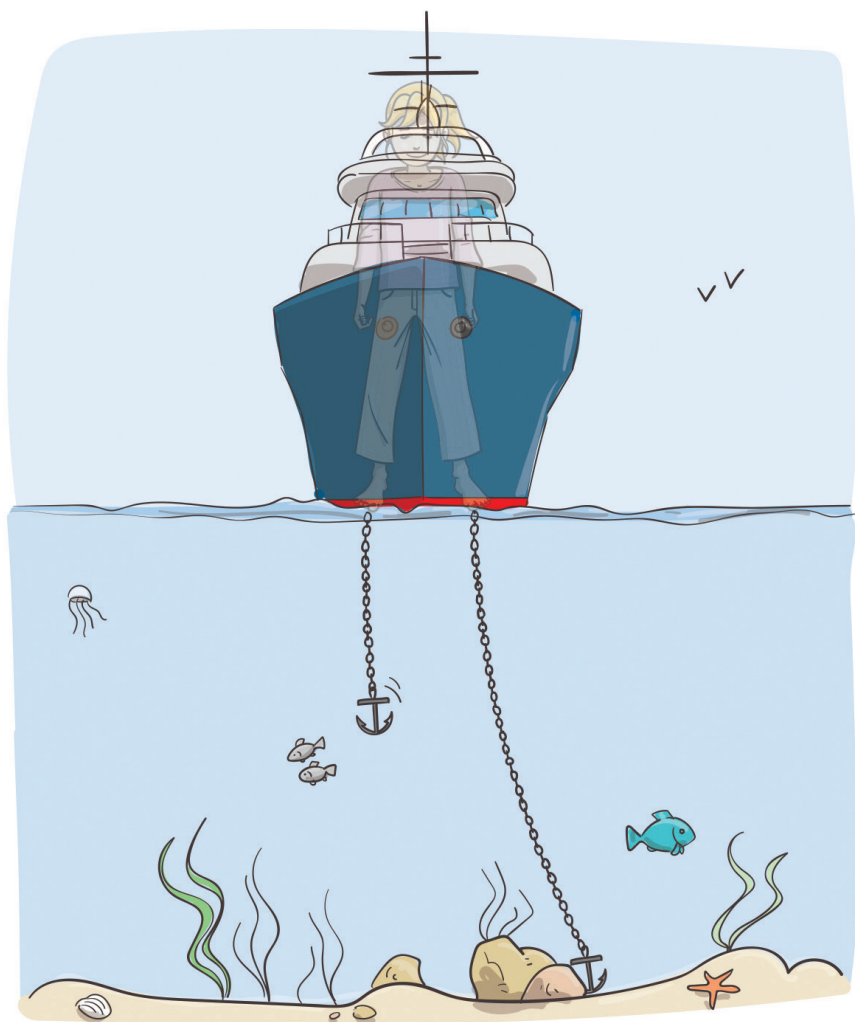
6 JE JETTE L'ANCRE !...

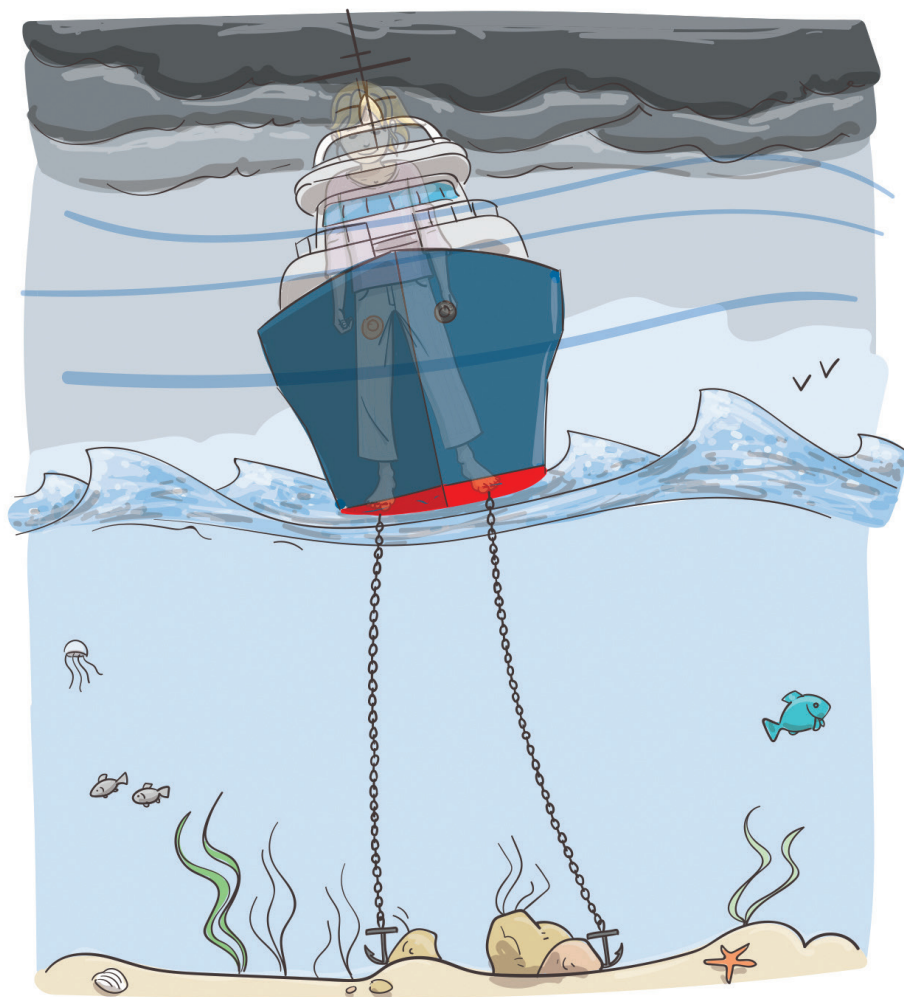


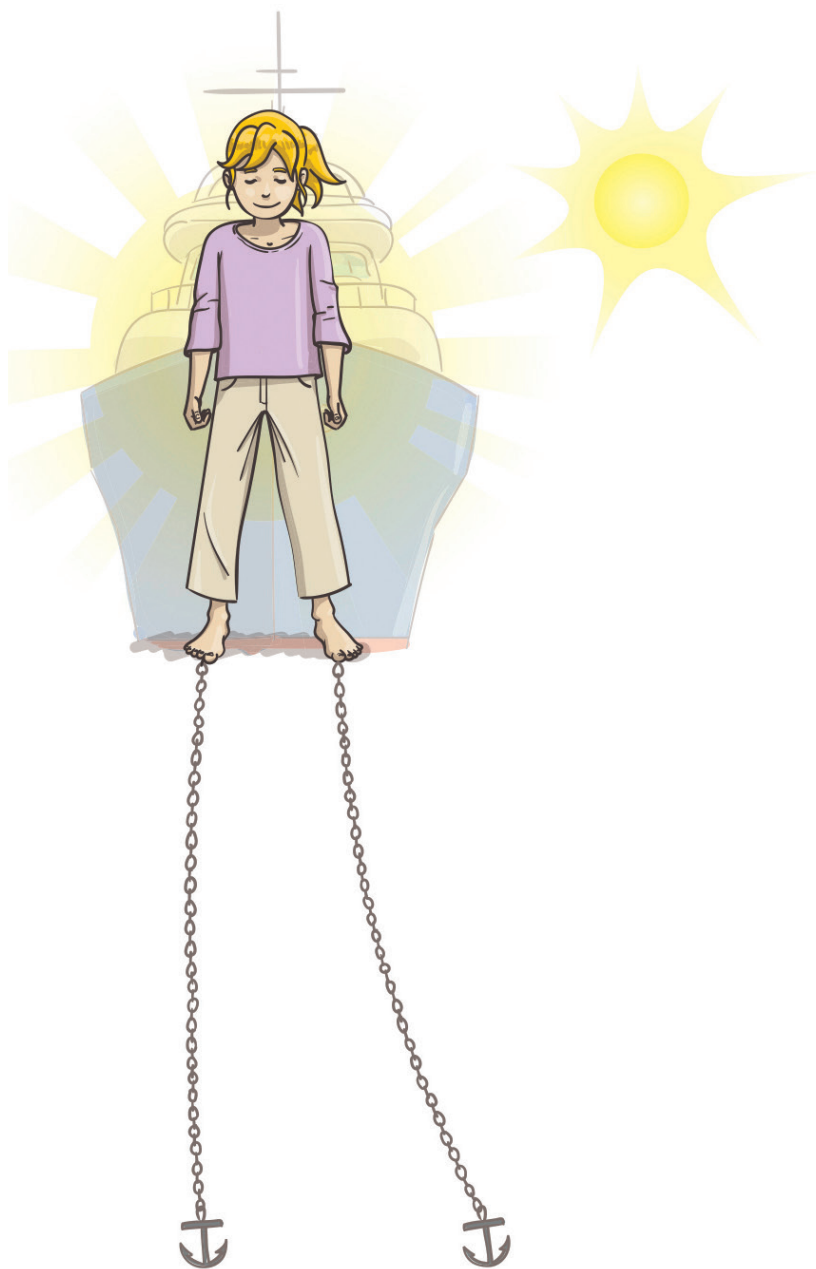












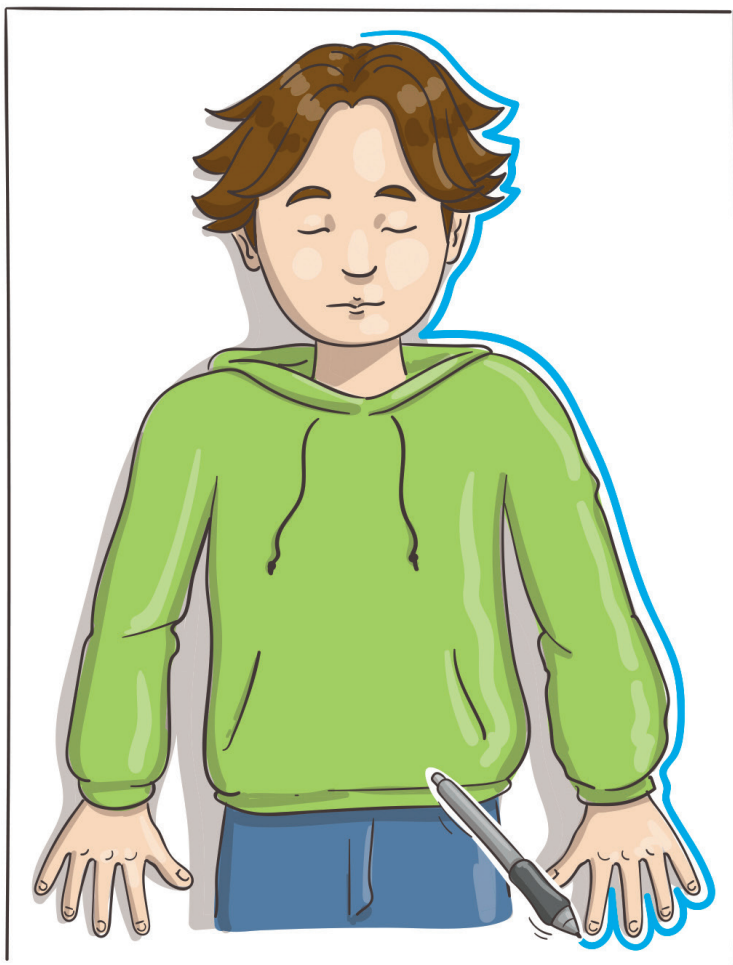
Solidité intérieure • Confiance en soi

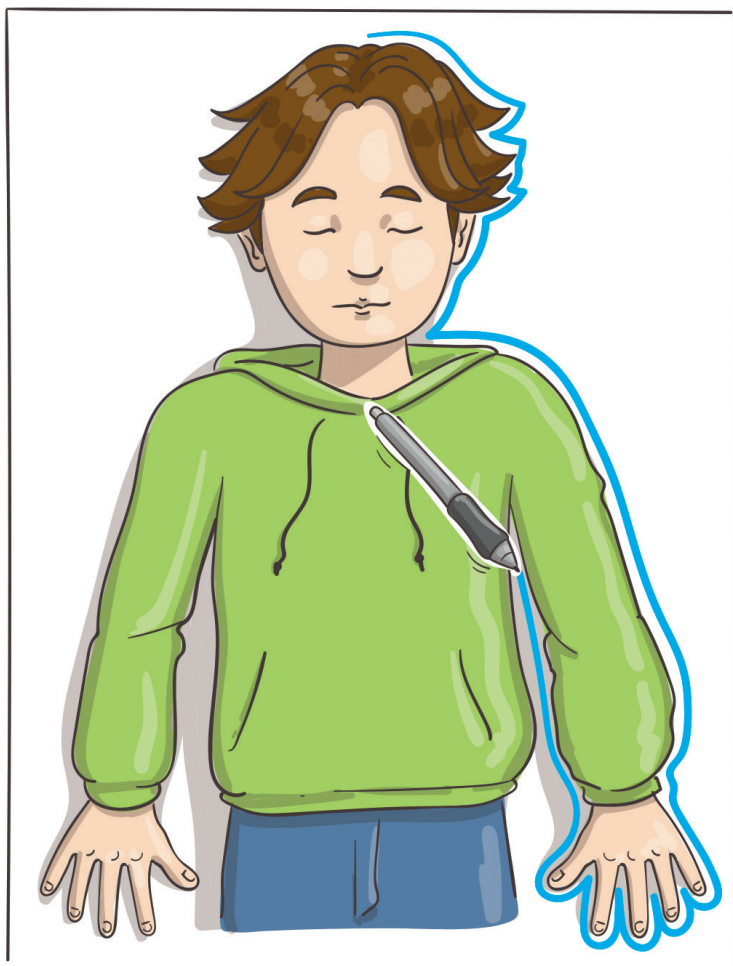
7 LE CRAYON MAGIQUE

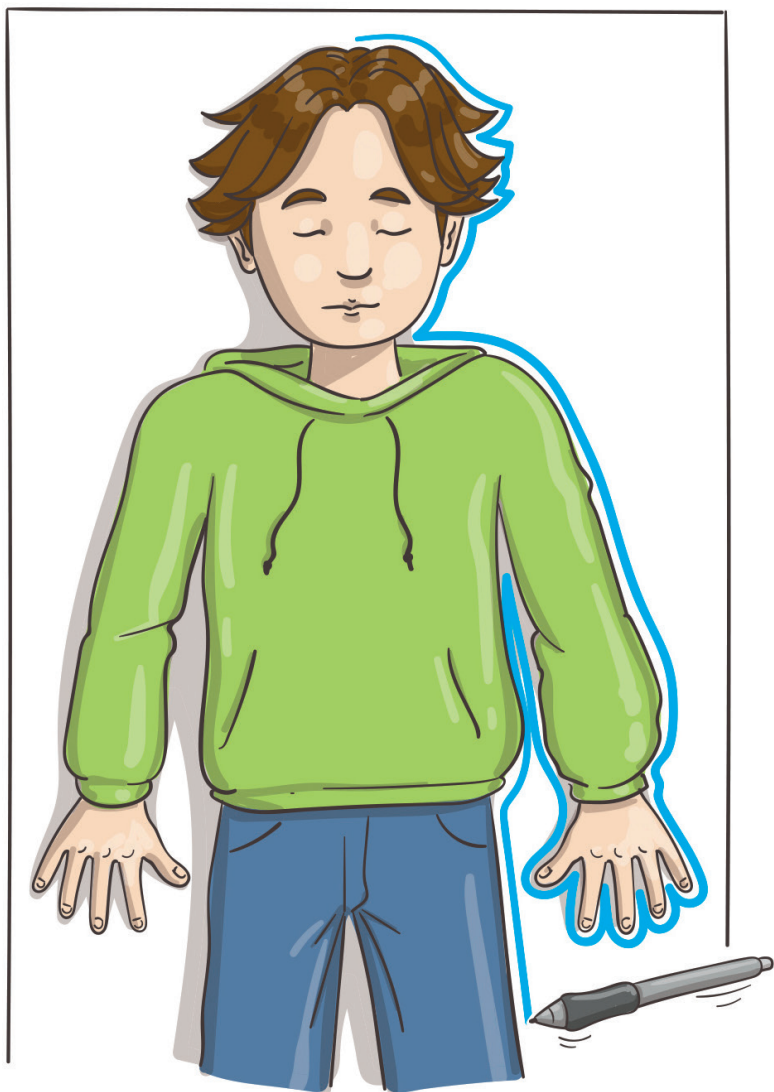


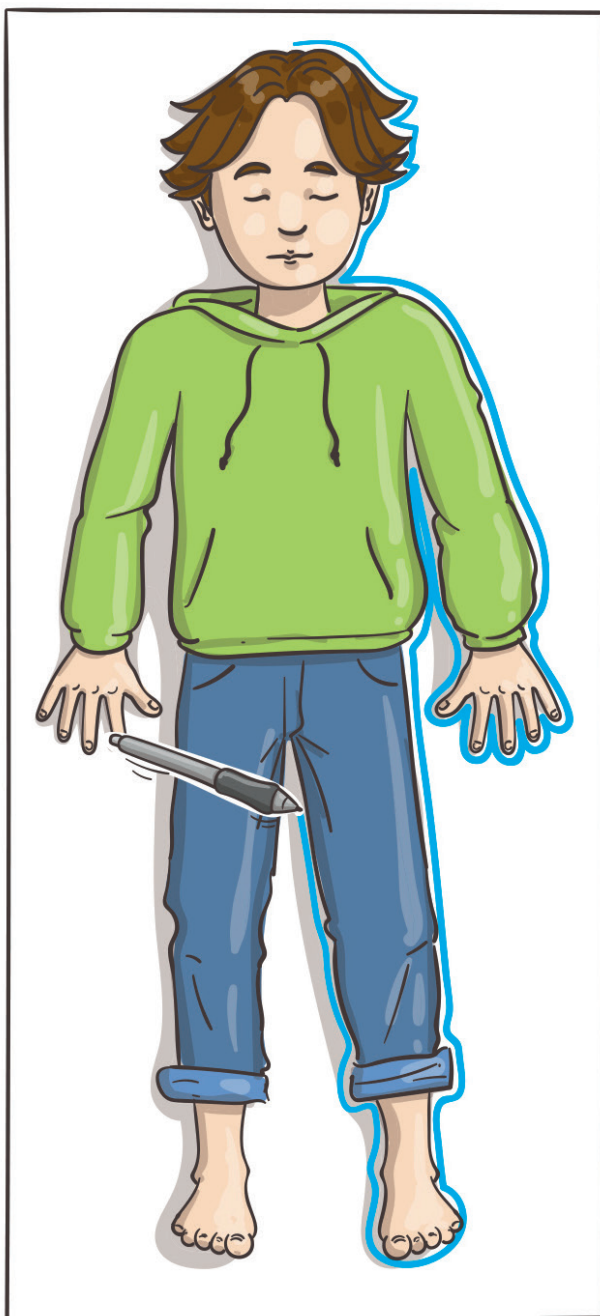


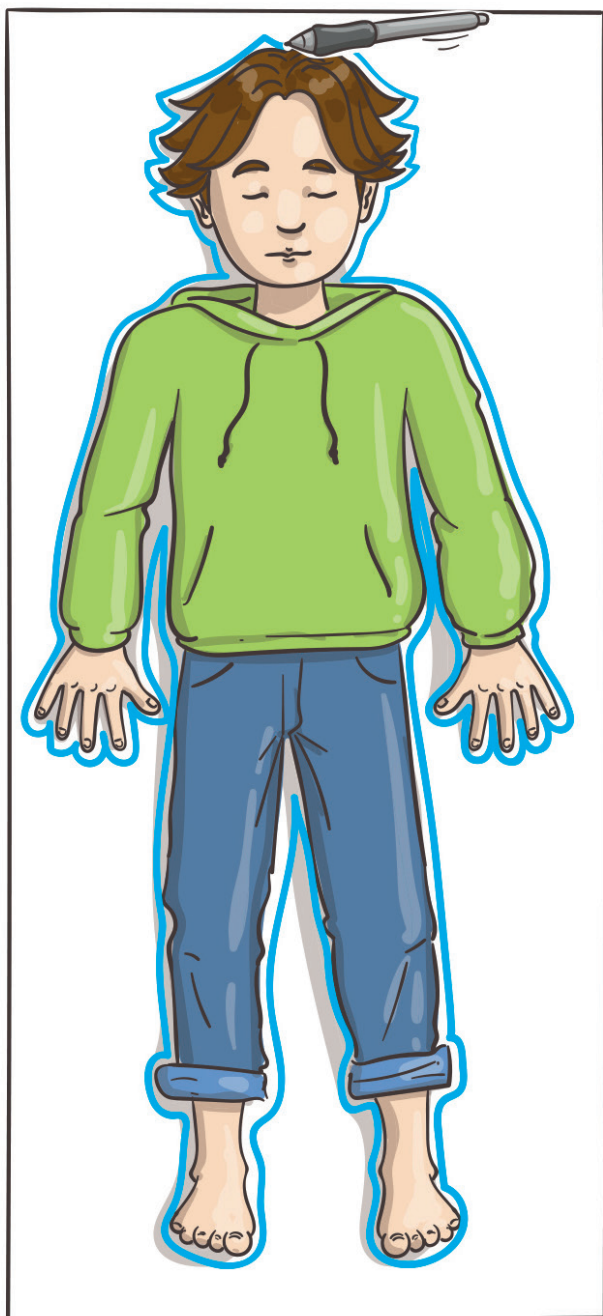


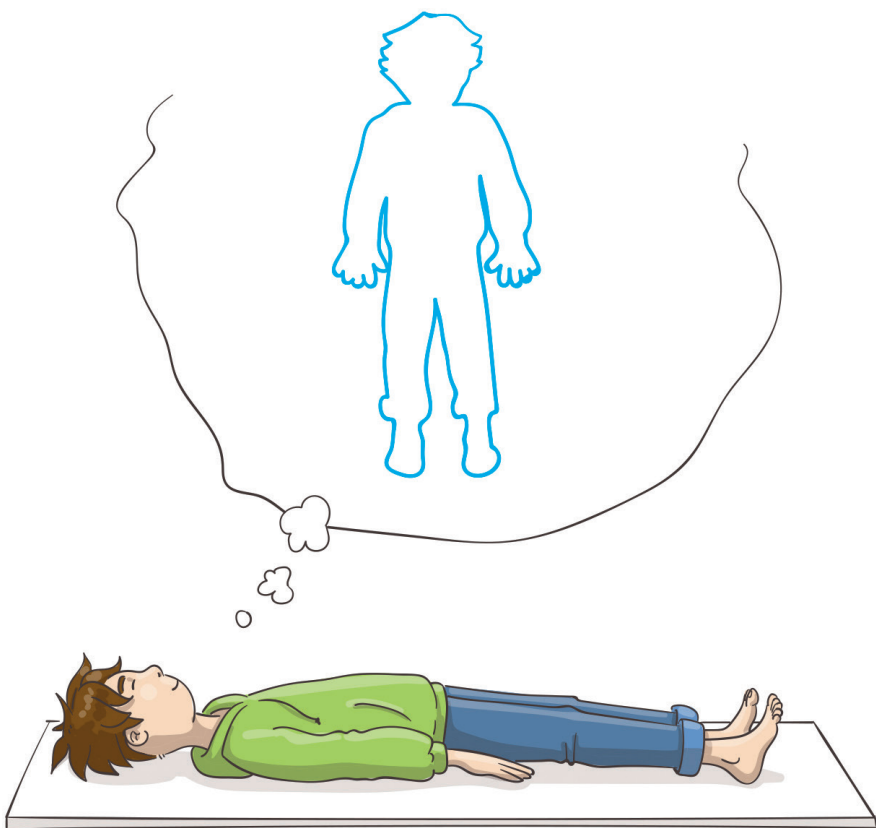










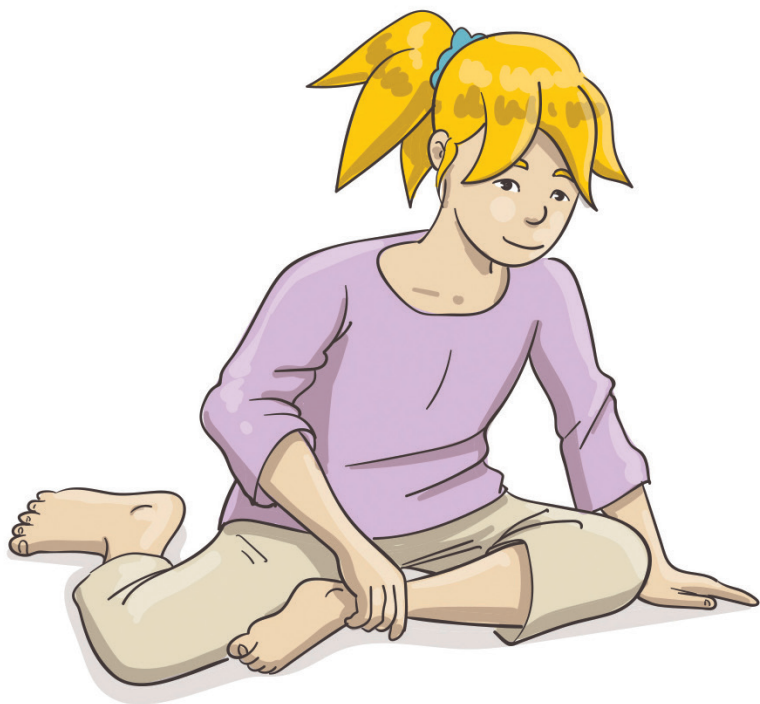


Solidité intérieure • Confiance en soi

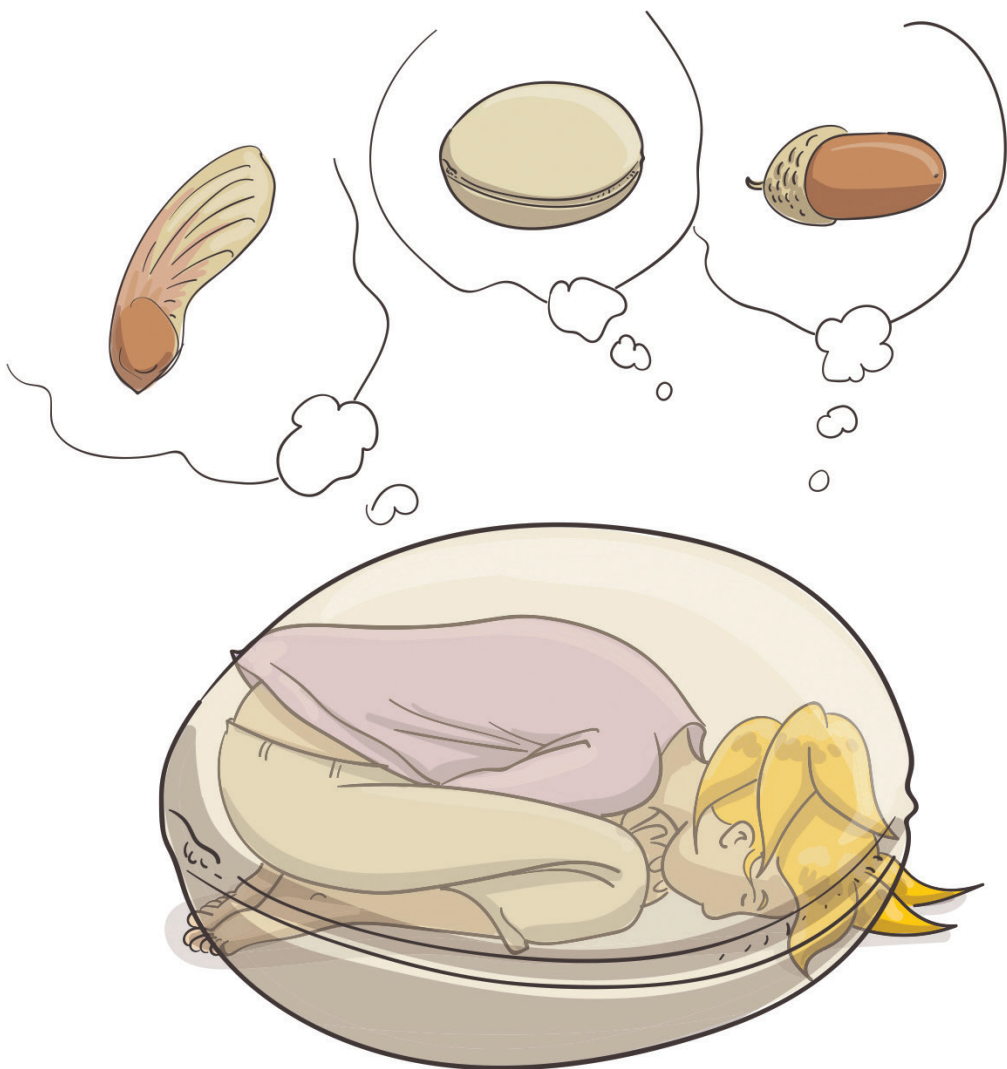


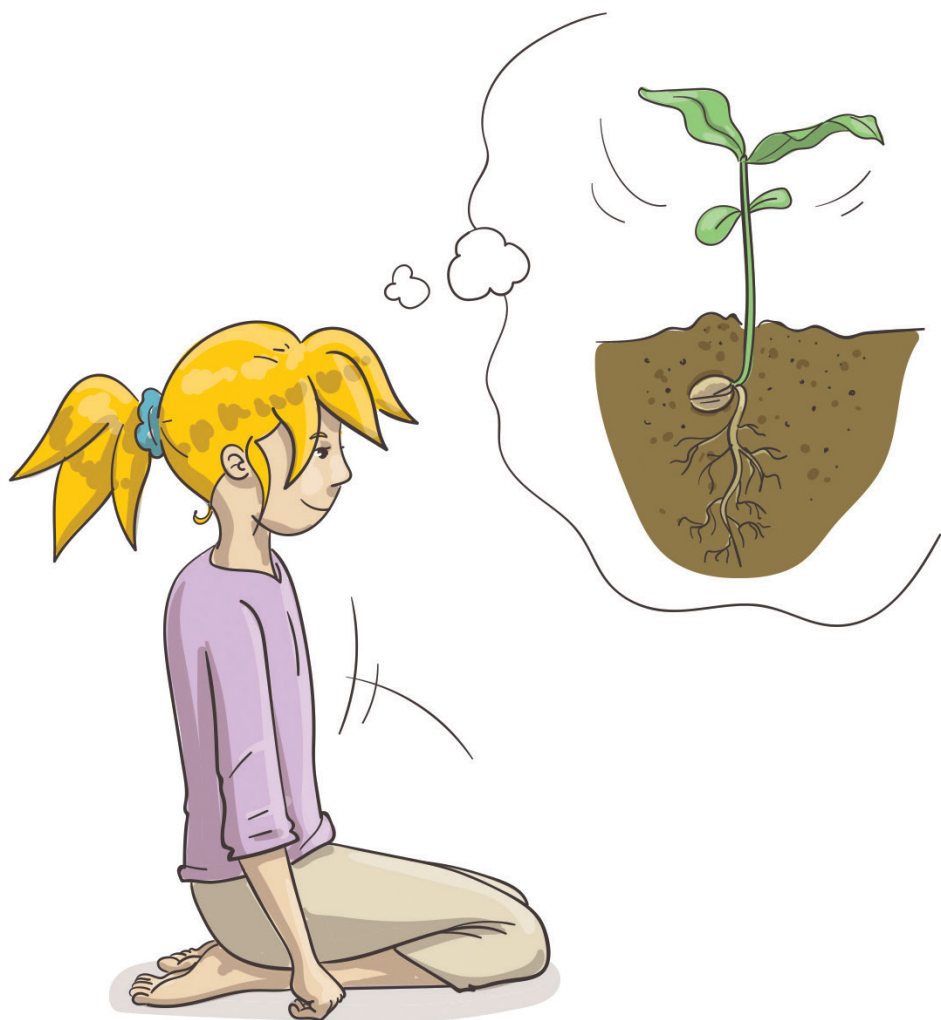
DE LA GRAINE À L'ARBRE

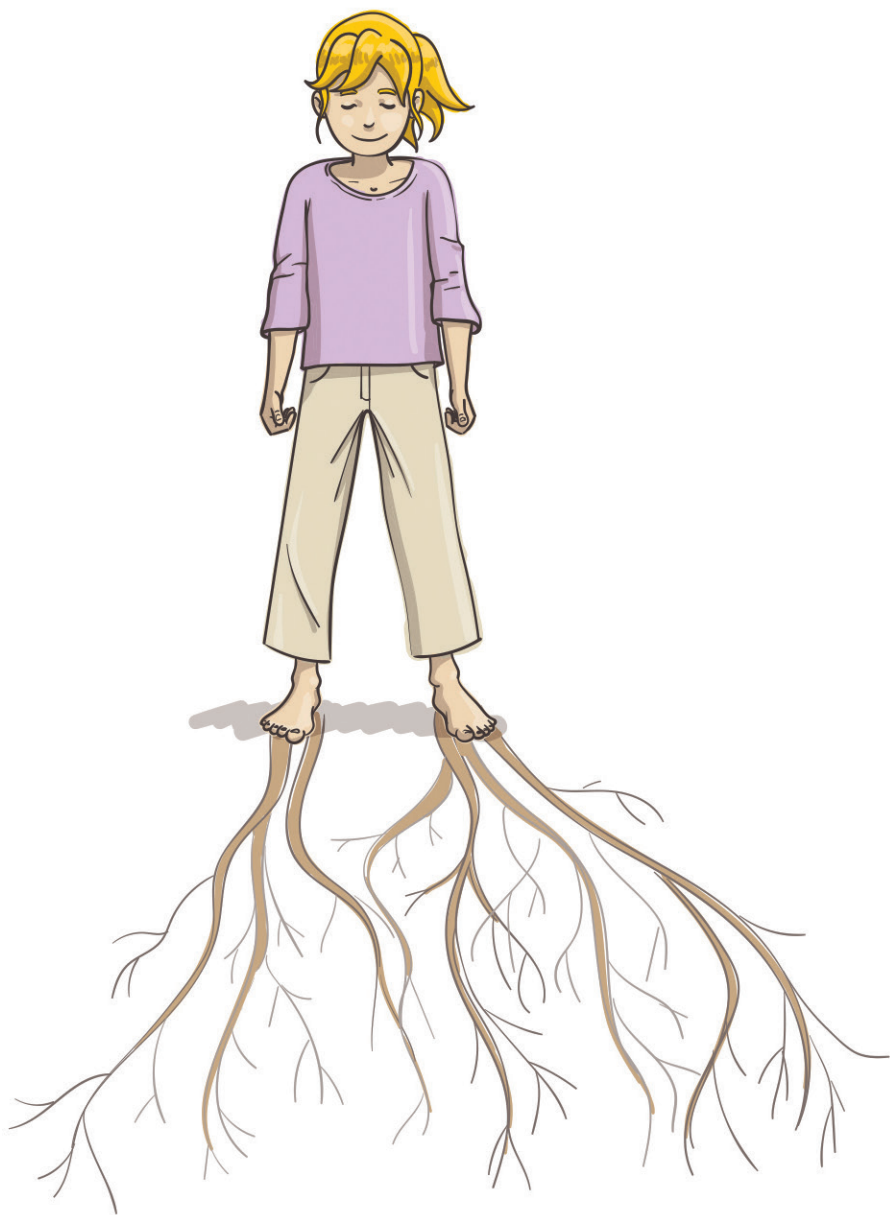




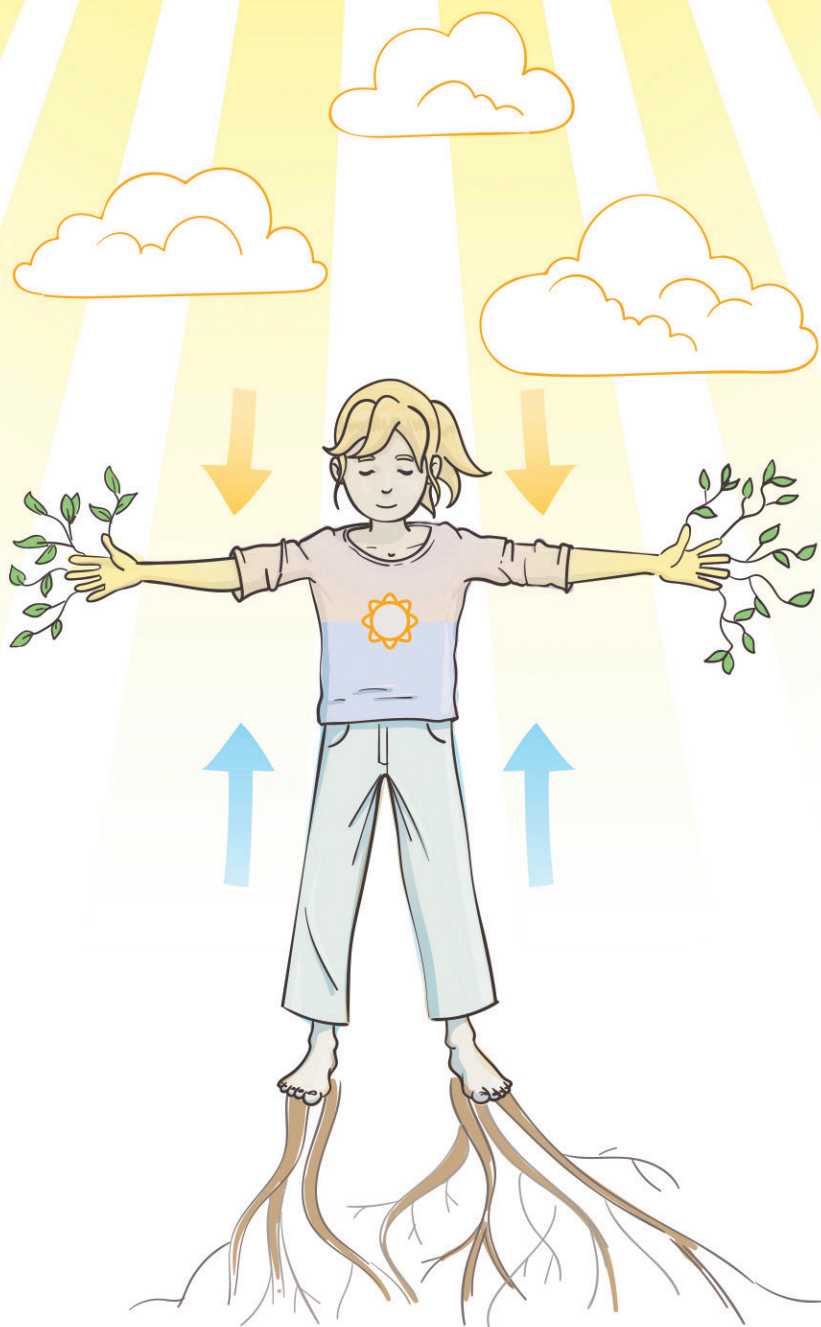


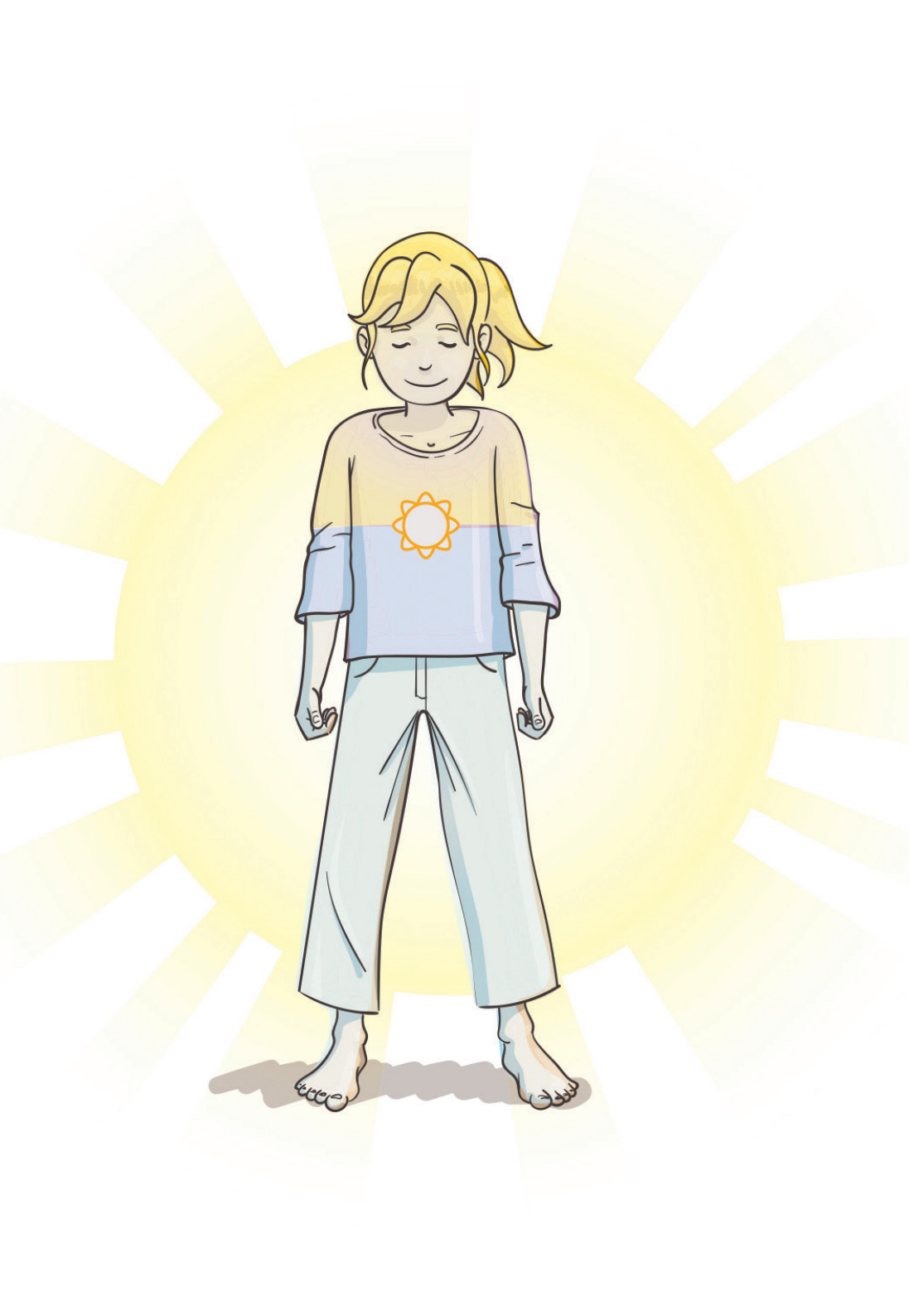








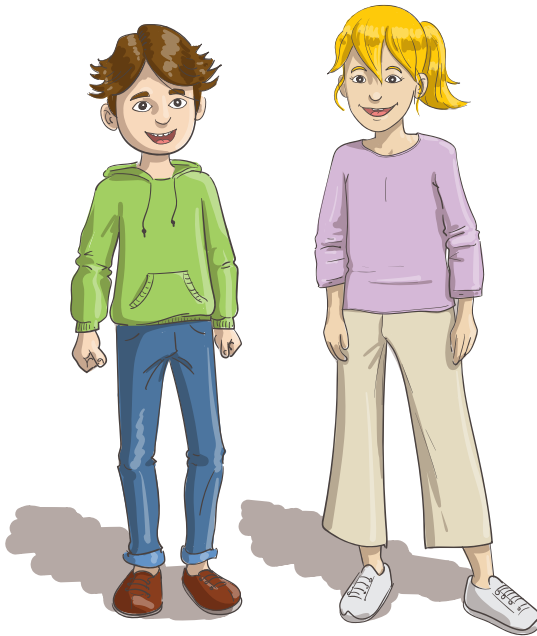


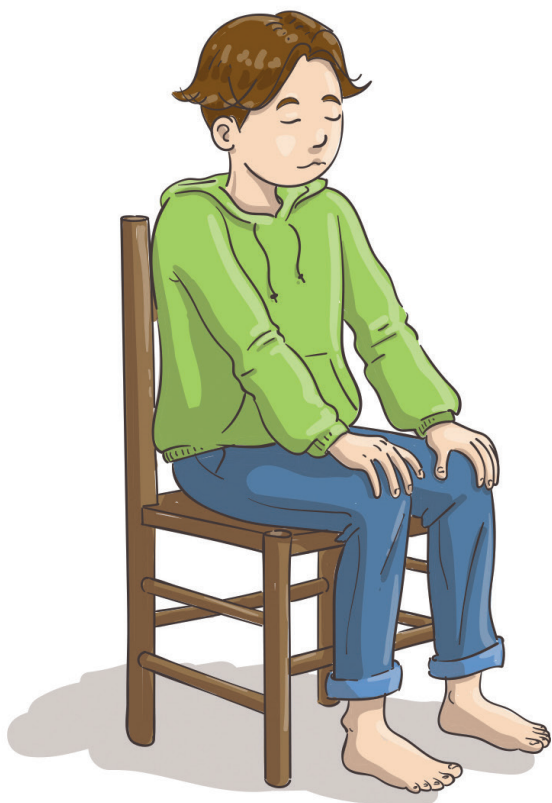


Réagir et se protéger



JE PORTE MA COMBINAISON MAGIQUE !









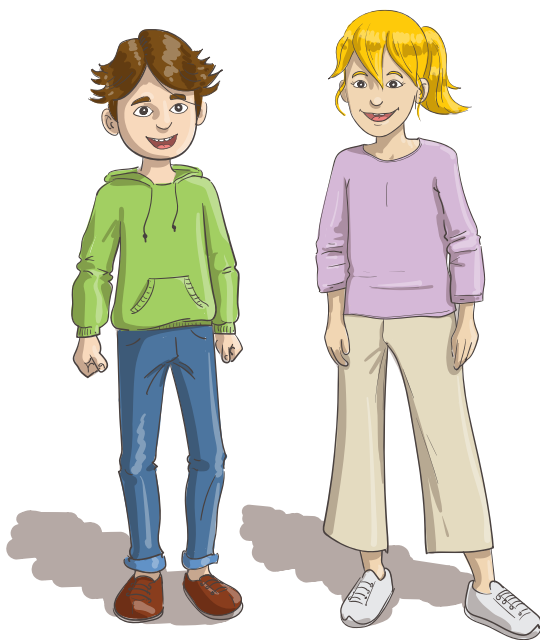




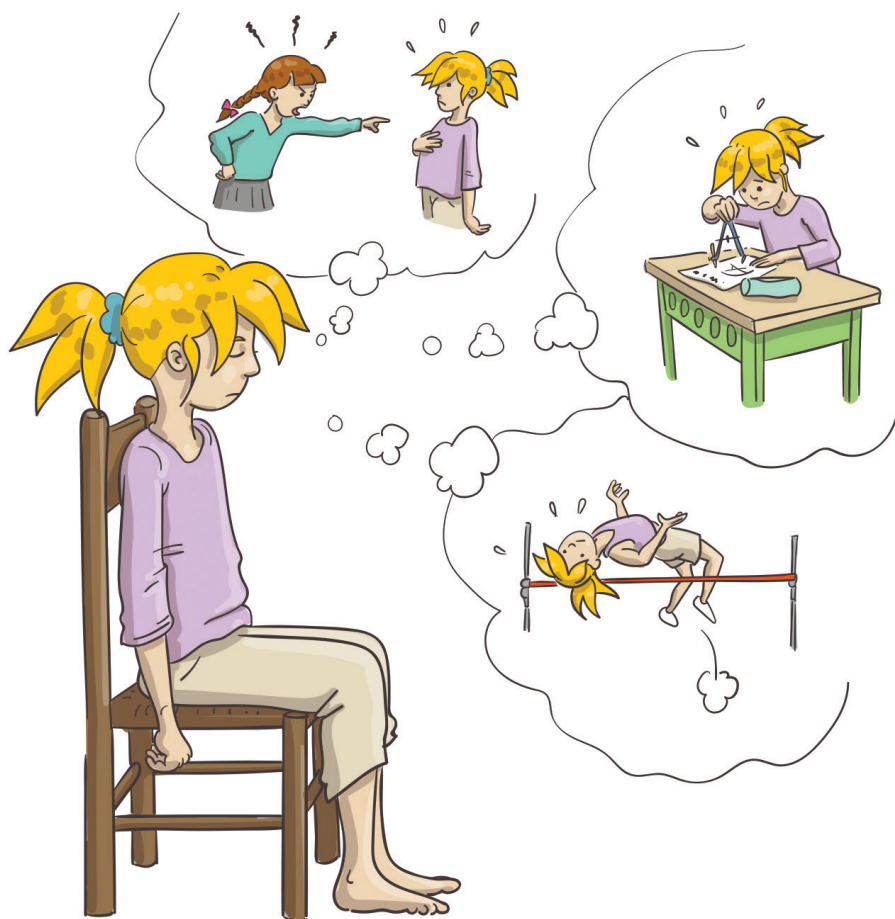


Favoriser l'endormissement

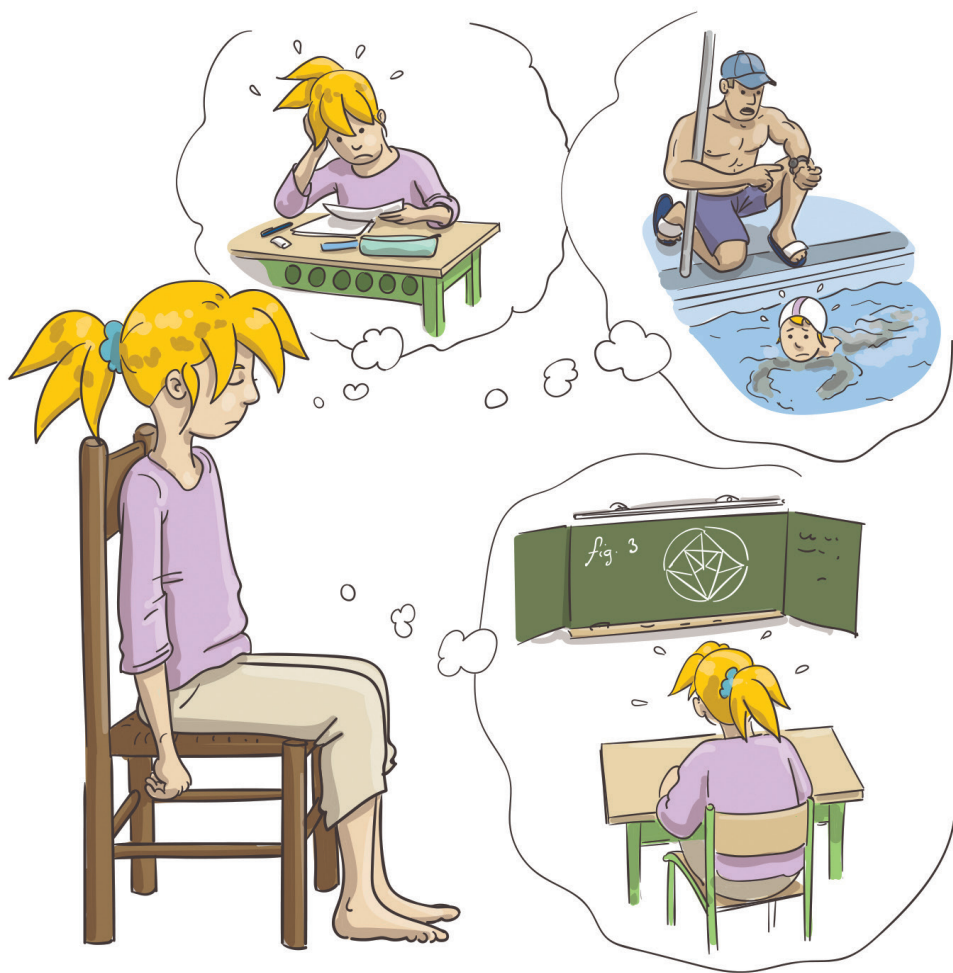
11 LA DANSE DU COBRA











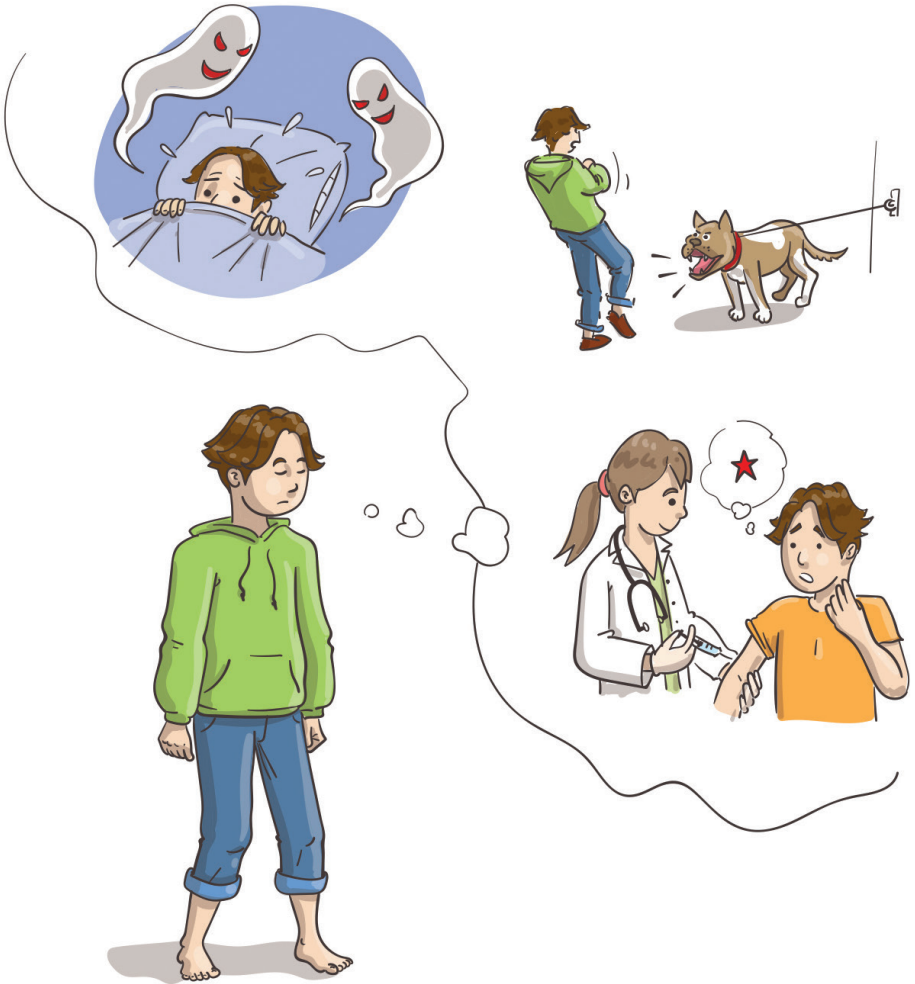




Faire face à la peur • Dédramatiser

13 JE SECQUE MA PEUR !



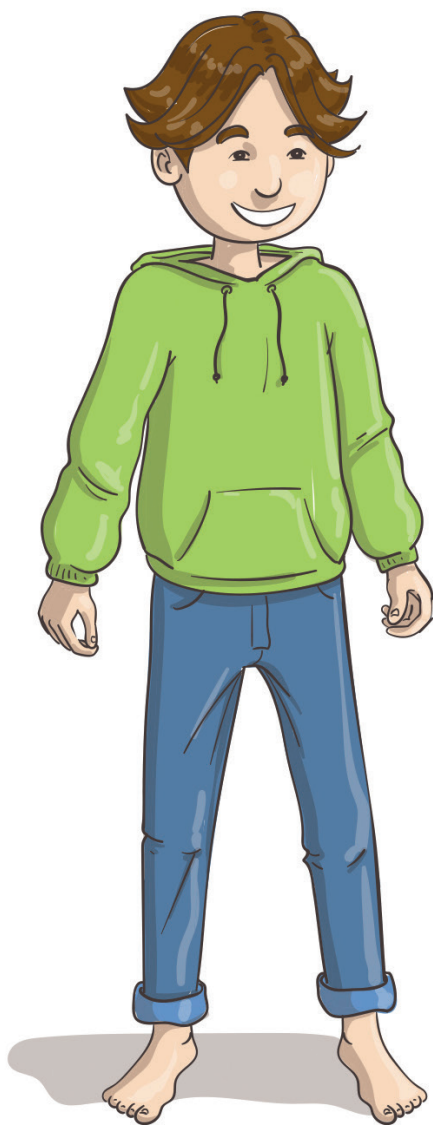












Faire face à la peur • Dédramatiser



J'ASPIRE MES PEURS !















Retrouver la sécurité

15 LE POISSON-BALLON



