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Jacques Choque

La Gym douce senior



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Olivier Quentin, Jacques Choque

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Respiration et Pranayama Jacques Choque, 2019-06-04 La respiration est un phénomène naturel qui nous est donné dès la naissance. Mais pour autant, c'est un mécanisme primordial qui nécessite toute notre attention. L'état de notre respiration peut déterminer notre état moral, psychique, mental et biologique. C'est la seule fonction physiologique sur laquelle nous pouvons avoir tout moment une action directe. Avec cet ouvrage, découvrez tout à la fois la biologie de la respiration, l'anatomie du nez et du système respiratoire, les phénomènes physiques, mécaniques et chimiques de la respiration, etc. les différentes respirations diaphragmatique, thoracique, sous-claviculaire et la fameuse respiration complète, mais aussi des exercices pour retrouver votre respiration naturelle, pour gérer votre stress, vous relaxer et pour retrouver un sommeil de qualité. L'auteur analyse également la respiration au sein des arts corporels tels que le yoga, le Pilates ou le tai chi chuan et propose de nombreux exercices pratiques pour les sportifs, les femmes enceintes et les enfants. La dernière partie aborde le pranayama, la domestication du souffle et de l'énergie vitale. Ce guide très complet vous permettra de revenir vers une respiration naturelle, ample et calme, source de sérénité et de bien-être. *Livres de France*, 2004. *La gym douce senior* Jacques Choque, 2015-11-12 Une gym d'entretien pour garder la forme. L'activité physique nous donne tous les moyens concrets, pratiques et simples pour agir à la fois sur le corps et sur le psychisme, travers des exercices ciblés et des séances complètes, améliorer sa souplesse et la mobilité de ses articulations, prendre soin de son cœur et de sa respiration, renforcer ses muscles, apprendre à se relaxer et se masser. Cet ouvrage propose quelques règles de vie simples pour retrouver une meilleure condition physique et une sensation de bien-être général. Pratiquer régulièrement les mouvements de gym douce permettent de devenir maître de son corps pour préserver sa santé et son autonomie, car la forme n'est pas que l'apanage de la jeunesse. *Gym douce en position assise* Martine Lemarchand, 2013 Que vous soyez un senior, une personne mobilité réduite ou en phase de rééducation, ce manuel novateur s'adresse à toutes les personnes qui souhaitent entretenir, améliorer ou retrouver une bonne condition physique, mais qui ne peuvent plus se mettre facilement au sol ou rester debout durablement. Cet ouvrage sera également un support apprécié par les professionnels de la forme et de la santé, chargés de prévenir les effets du vieillissement. Martine Lemarchand vous propose 150 exercices réalisés en position assise, simples et efficaces pour améliorer votre capacité respiratoire, votre mobilité articulaire, votre renforcement musculaire et votre souplesse. Les différentes zones du corps sollicitées sont ciblées et clairement identifiées. Chaque exercice est accompagné de quatre photos explicatives afin que vous ne ratiez pas une étape essentielle à sa bonne réalisation. Les variantes permettent d'en augmenter progressivement la difficulté. Les nombreux conseils favorisent la conception de séances adaptées aux différents objectifs, aux douleurs et limitations de chacun. *Gym douce* Virginie Strobbe, 2022. *Gym douce* Virginie Strobbe, 2018-10-16. **Gym douce pour les personnes handicapées (ou à mobilité réduite)** Olivier Quentin, Jacques Choque, 2014-01-08 La poursuite d'activités a une influence très bonne sur le comportement et le développement des possibilités de toute personne ayant un handicap. La gym douce

solution privilégiée pour favoriser la conscience de soi et équilibrer la tonicité, c'est également un excellent vecteur de communication. En effet, si la prise de conscience corporelle, la connaissance de son corps et le maintien des capacités physiques sont importants, c'est avant tout la relation, le plaisir de changer et le jeu qui sont le moteur du développement de soi. Après un rappel des connaissances théoriques, l'objectif recherché consiste à développer des séances cohérentes construites autour de 400 exercices ludiques aux objectifs bien définis : adresse et coordination, équilibre, mobilité articulaire, souplesse, renforcement musculaire et tonification, communication motrice et sociabilisation, conscience du corps et affinement sensoriel, mémorisation. Chaque exercice est présenté très clairement par des consignes précises et de nombreux dessins didactiques. Ce manuel est surtout pratique, exhaustif et pragmatique, répond aux attentes de toute personne souhaitant mettre en place une activité d'entretien spécialement adaptée aux personnes handicapées ou à mobilité réduite.

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