

Gymnastique sonore pour le visage et le corps



Les voyelles présentées ici aident à diriger l'énergie vers les zones du visage et du corps (voir au verso) avec des sons qui leur sont propres.

Pour le meilleur effet il faut pousser le bout de la langue contre les dents de la mâchoire inférieure. Ainsi le larynx reste bien ouvert pendant l'émission du son.

YOU : On prononce ce son en maintenant la langue contre les dents d'en bas en soulevant la lèvre inférieure. Raffermit le contour de la mâchoire et le double menton.

OU : Les lèvres mêmes sont la cible de ce son : bien mettre les lèvres en avant et garder la langue vers les dents du bas. Élargit les lèvres et renforce les muscles de la bouche.

EU : Est prononcé en tirant la lèvre inférieure comme dans une réaction de digest et en maintenant bien la langue contre les dents d'en bas. Raffermit le contour de la mâchoire et les muscles du menton utilisés.

IU : Il faut laisser la mâchoire inférieure pendre un peu et prononcer le son avec la langue dans la bonne position. Raffermit le contour de la mâchoire et les bajoues à côté du menton.

YÉ : En arquant fortement les sourcils et en dilatant les ailes du nez on pousse l'énergie vers le haut des sinus et des cavités nasales. Libère les sinus supérieurs et renforce les ailes du nez.

NG : En dilatant encore fortement les ailes du nez et en maintenant bien la langue contre les dents d'en bas, diriger l'énergie vers les sinus inférieurs. Libère les sinus inférieurs.

VO : Diriger le son vers les pommettes en arrondissant la bouche, les lèvres vers l'extérieur en forme de baiser. Renforce les joues jusqu'à sous les yeux.

YI : Les lobes des oreilles et les articulations de la mâchoire résonnent avec ce son. Celui-ci est encore mieux dirigé lorsque les lèvres sont tirées vers les oreilles comme dans un sourire exagéré. L'effet est une relaxation des articulations de la mâchoire.

YU : Toute l'énergie est dirigée vers les côtés des lèvres en les tirant bien vers les oreilles sans ouvrir beaucoup la bouche. Raffermit le contour de la mâchoire ainsi que la ligne entre les ailes du nez et les coins de la bouche.

IU : Diriger le son vers le nez sans changer la forme de la bouche, garder la langue vers les dents du bas. Détend l'espace entre la lèvre supérieure et le nez.

YA : Écarter les yeux pour y faire résonner ce son. Renforce les muscles autour des yeux, jusqu'à la zone entre les sourcils, favorisant, entre autres, leur bonne ouverture.

Gymnastique Sonore Pour Visage Corps

France Société de géographie



Gymnastique Sonore Pour Visage Corps:

Bulletin de l'Institut psychologique international Institut général psychologique,1911 *Bulletin de l'Institut général psychologique* Institut général psychologique,1911 **Bulletin de l'Institut psychique international** Institut général psychologique,1911 **Trade-marks Journal** ,2000 **Livres hebdo** ,2009-11 Neuf mois René Frydman,Christine Schilte,2017-01-04 De la conception aux premières semaines après la naissance 9 mois Attendre bébé vous donne mois après mois toutes les réponses aux questions que vous vous posez Un grand chapitre en début d'ouvrage aborde tout ce qui concerne le développement de l'enfant La grossesse est une expérience extraordinaire intense faite de grands et de petits bonheurs mais aussi une période d'interrogations multiples Les préoccupations des parents sont innombrables multiples psychologiques et pratiques et tout fait normales Les auteurs ont voulu apporter des réponses précises et concrètes toujours au plus près des recherches multiples et psychologiques du moment Les éclairages et anecdotes de Ren Frydman sur chaque double page De manière chronologique votre grossesse mois par mois du développement de l'enfant aux premiers jours de votre bébé Un cahier pratique choisir votre maternité les allocations l'équipement de base pour accueillir bébé des menus équilibrés pendant et après votre grossesse *Mariage australien - Une princesse pour patiente - Un homme idéal pour le Dr Mitzi Sanchez* Meredith Webber,Karin Baine,Cindy Kirk,2021-08-01 Mariage australien Meredith Webber Paradise Lake C est dans ce coin perdu du bush australien que Cam débarque avec sa fille Il n'est que de passage ici le temps pour lui de mettre en vente le cabinet vétérinaire que lui a légué son oncle Pourtant mesure qu'il découvre la petite ville Cam se prend apprécier la sérénité qui y règne Surtout il prouve pour Lauren le médecin local des sentiments troublants mais dangereux car tous deux n'ont aucun avenir ensemble Une princesse pour patiente Karin Baine La princesse Georgiana a toujours considéré sa couronne comme une malédiction Dès qu'elle l'a pu elle a fui le palais pour s'engager dans l'armée en quête de sens Hlas blessé au combat la voit de retour dans sa prison dorée où elle souffre Pressée d'écourter sa convalescence elle accepte que le Dr Edward Lawrence se charge de sa rééducation Mais traite la patiente du surnommé chirurgien se révèle pour elle un défi supplémentaire 1 R dit Un homme idéal pour le Dr Mitzi Sanchez Cindy Kirk **Une princesse pour patiente - Pour le bonheur d'une famille** Karin Baine,Emily Forbes,2025-09-01 Une princesse pour patiente Karin Baine La princesse Georgiana a toujours considéré sa couronne comme une malédiction Dès qu'elle l'a pu elle a fui le palais pour s'engager dans l'armée en quête de sens Hlas blessé au combat la voit de retour dans sa prison dorée où elle souffre Pressée d'écourter sa convalescence elle accepte que le Dr Edward Lawrence se charge de sa rééducation Mais traite la patiente du surnommé chirurgien se révèle pour elle un défi supplémentaire Pour le bonheur d'une famille Emily Forbes Lorsque Quinn rencontre Alisha Jansson un congrès médical il est bloui Pourtant malgré l'attirance qui les pousse l'un vers l'autre Quinn décide de garder ses distances précédatrice de jumelles de neuf ans il sait que ses filles ont plus que jamais besoin de lui Il est alors loin de se douter que sa sage résolution va être mise à l'épreuve car sa nouvelle collègue dans le cabinet médical où il vient d'accepter un poste n'est autre qu'Alisha Romans r dit s

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Unveiling the Magic of Words: A Review of "**Gymnastique Sonore Pour Visage Corps**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Gymnastique Sonore Pour Visage Corps**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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