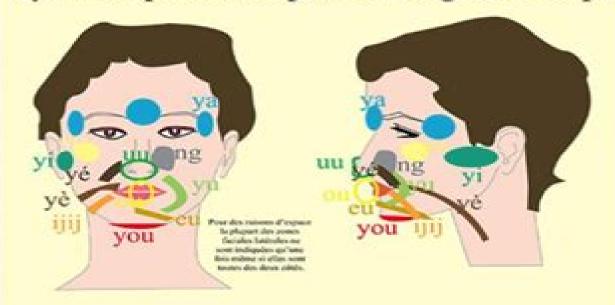
Gymnastique sonore pour le visage et le corps



Les voyelles présentées les 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 moilleur effet il faut pousser le bout de la langue contre les dests de la mûchoire inférieure. Ainsi le laryex reste bien ouvert pendant l'émission du son.

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

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

EU: Est princecé en étirant la lèvre inférieure comme dans une réaction de dégout et en maintenant bien la langue contre les dents d'en bas. Rafformit le contour de la mâchoire et les muscles du menton utilisés.

BU : Il faut laisser la m\u00e4choire inf\u00e4ricare pendre un peu et prononcer le son avec la langue dans la bonne position. Raf\u00e4er-mit le contour de la m\u00e4choire et les bujoues \u00e4 c\u00f3r\u00e5 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 eavités masales. Libère les sinus supériours et renforce les ailes du nez.

NG: En délatant 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.

YO: Diriger le son vers les pommentes en amondissant la bouche, les lêvres vers l'extérieur en forme de baises. Renforce les jouces jusque sous les yeurs.

Y1: Les lobes des oreilles et les articulations de la mâchoire résonnent avec ce son. Celui-ci est encore mieur, dirigé lonsque les lèvres sont étinées vers les oreilles comme dans un sourire exagéré. L'effet est une refaxation des articulations de la mâchoire.

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

UU : Dériger le sen vers le nez sons changer la forme de la bouche, garder la langue vers les dents du has. Détend l'espace entre la lèvre supérieure et le nez.

YA: Ecanquiller les yous pour y faire résonner ce son. Renforce les muscles autour des yous, jusqu'à la zone entre les sourcils, favorisant, entre autres, lour bonne essecture.

Gymnastique Sonore Pour Visage Corps

David Baud

Gymnastique Sonore Pour Visage Corps:

Gymnastique Sonore Pour Visage Corps Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the ability of words has be more evident than ever. They have the ability to inspire, provoke, and ignite change. Such is the essence of the book **Gymnastique Sonore Pour Visage Corps**, a literary masterpiece that delves deep to the significance of words and their effect on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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