

# 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 dégoût 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

**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 become 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's key themes, examine its writing style, and analyze its overall effect on readers.

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