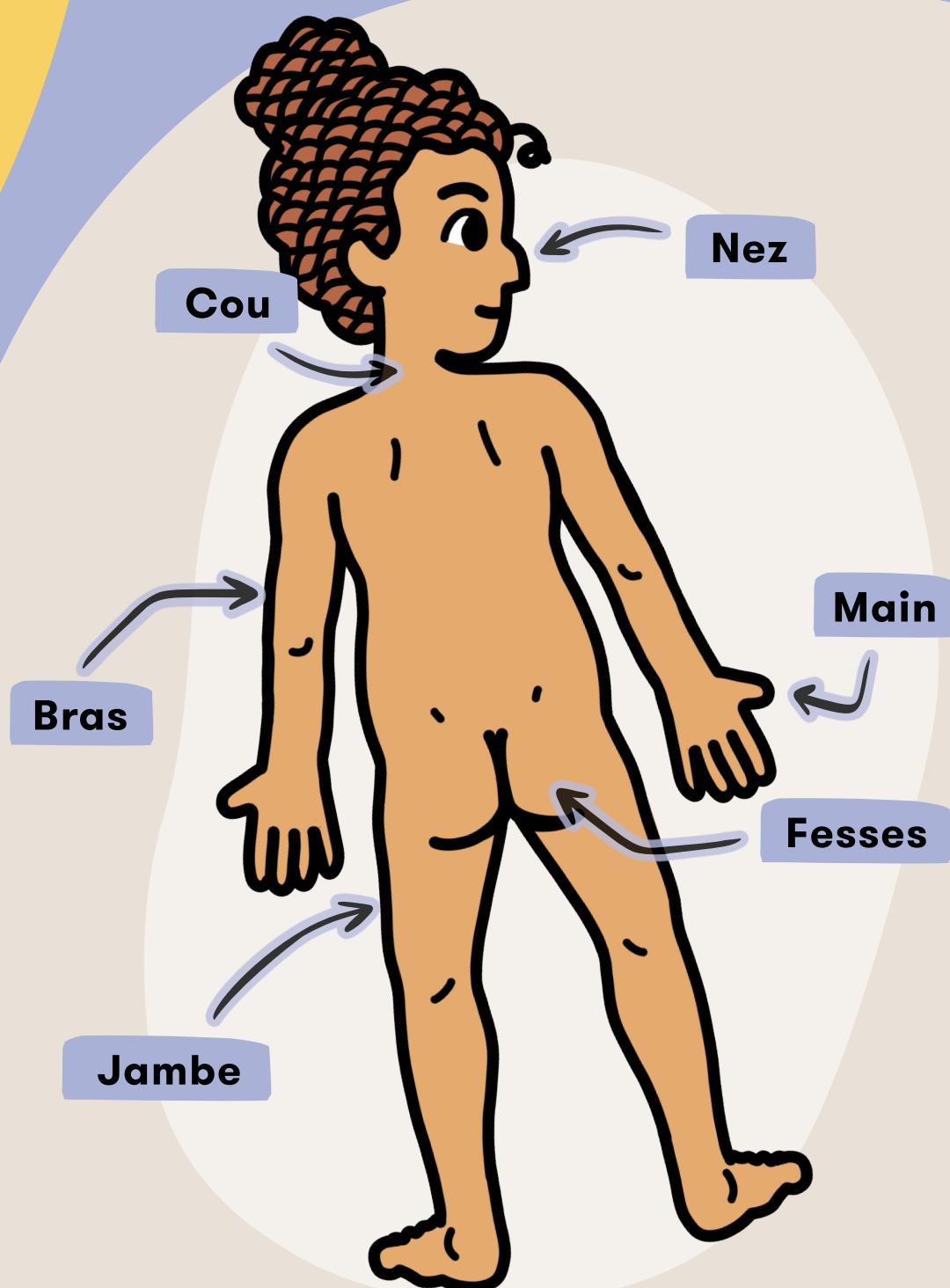
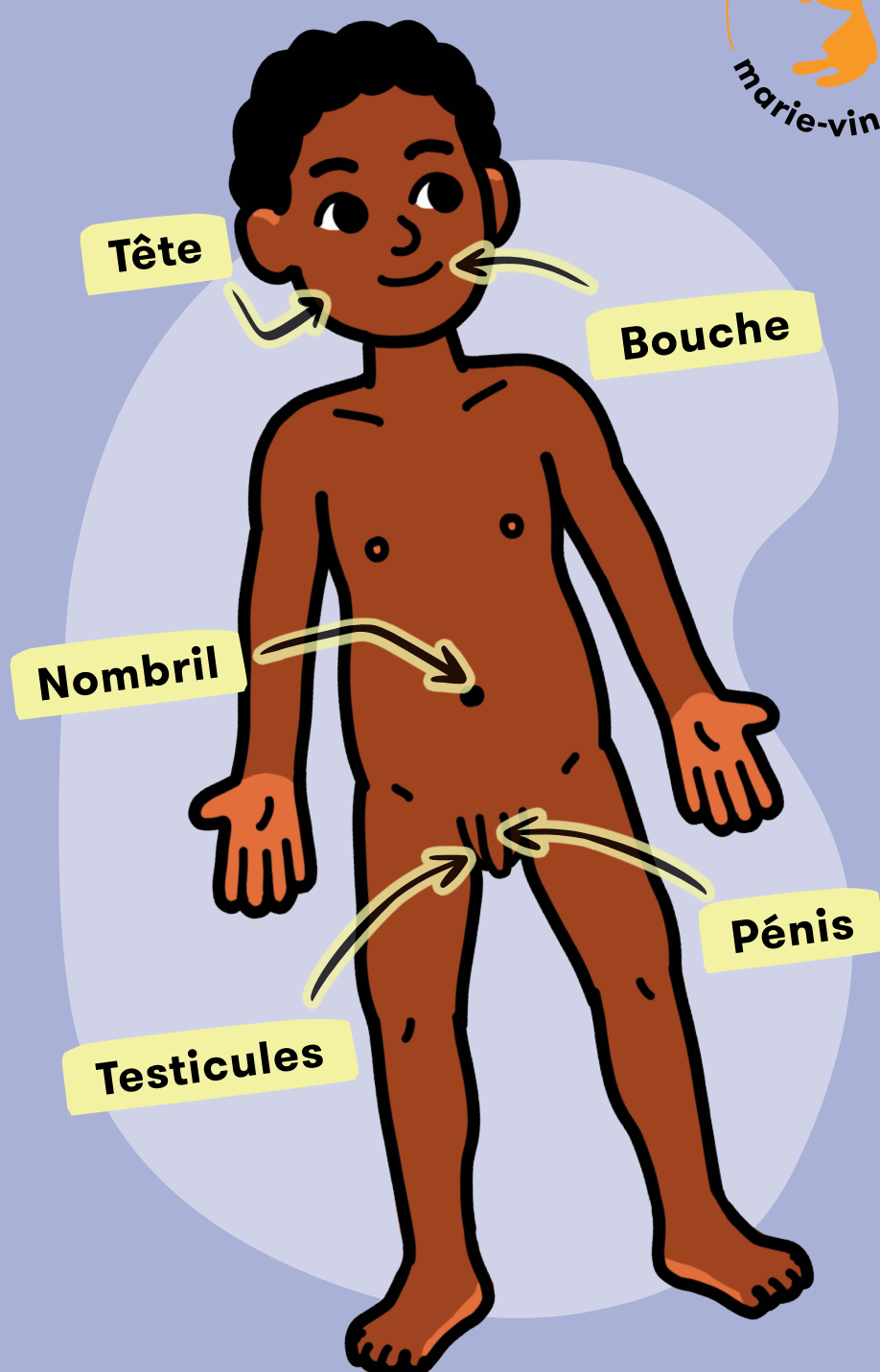
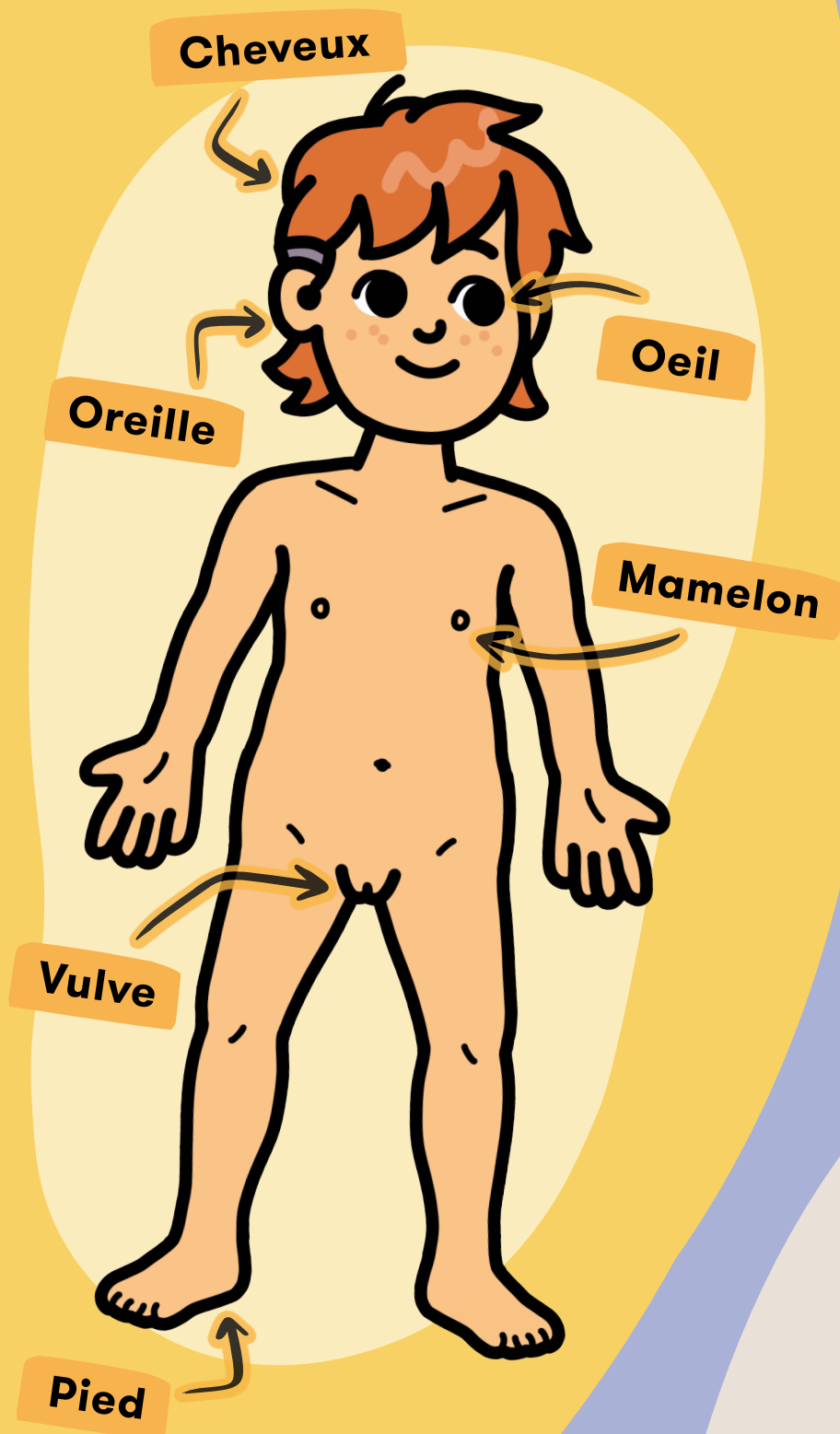


Les parties du corps



L'ancrage

sensoriel

Exercice

5-4-3-2-1

5×



4×



3×



2×



1×



Le champ de force

La régulation des émotions



Respiration



Moment zen



Coin calme



Expression

des émotions