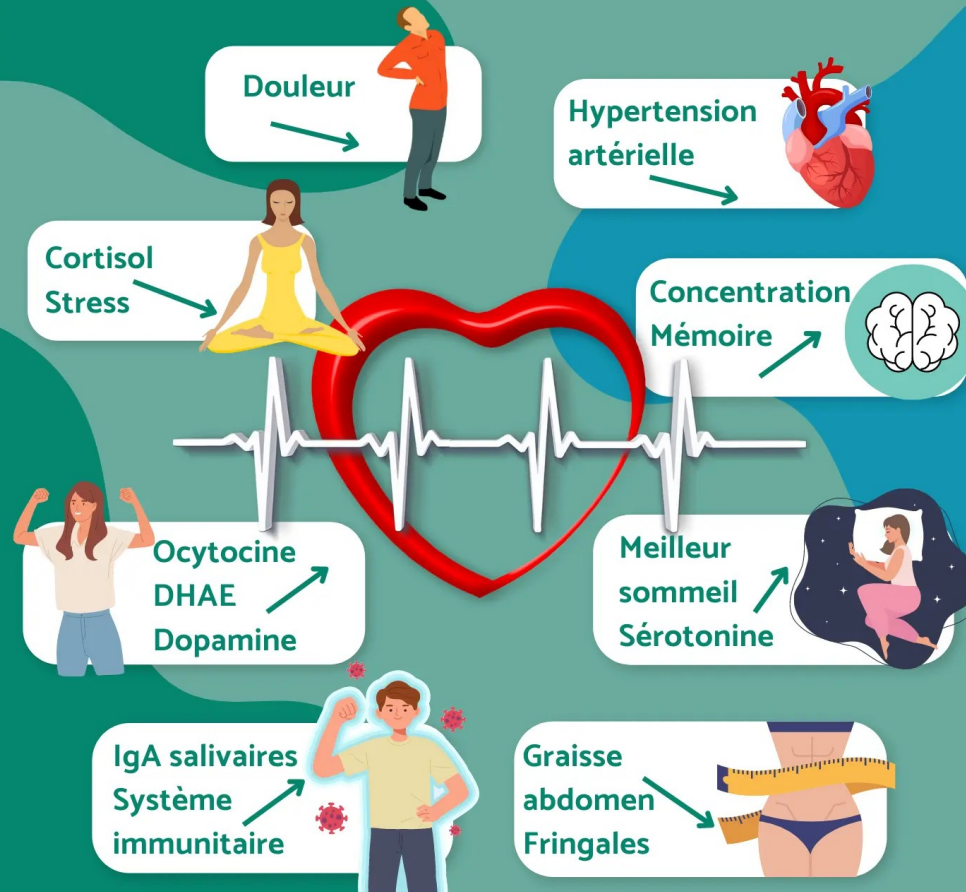


Cohérence cardiaque



TECHNIQUE DE COHÉRENCE CARDIAQUE

Un exercice de respiration qui aide à gérer son stress.



fois par jour

Matin
Midi
Soir



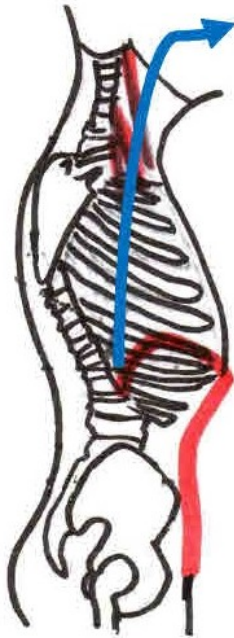
respirations par minute

Inspiration - 5 secondes
Expiration - 5 secondes



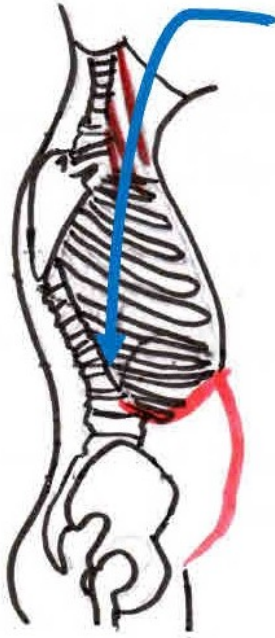
minutes





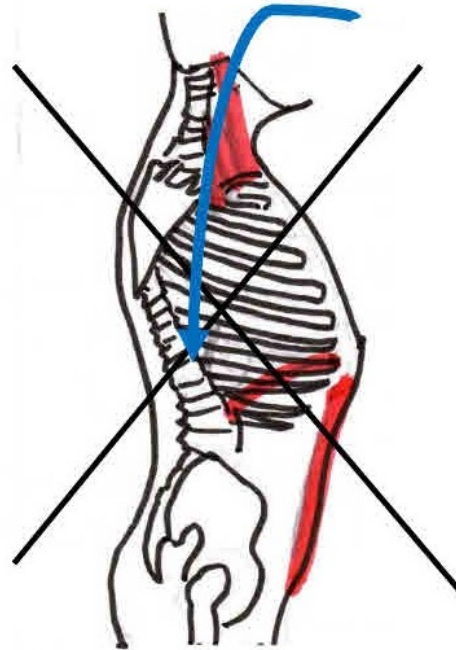
1

Expiration



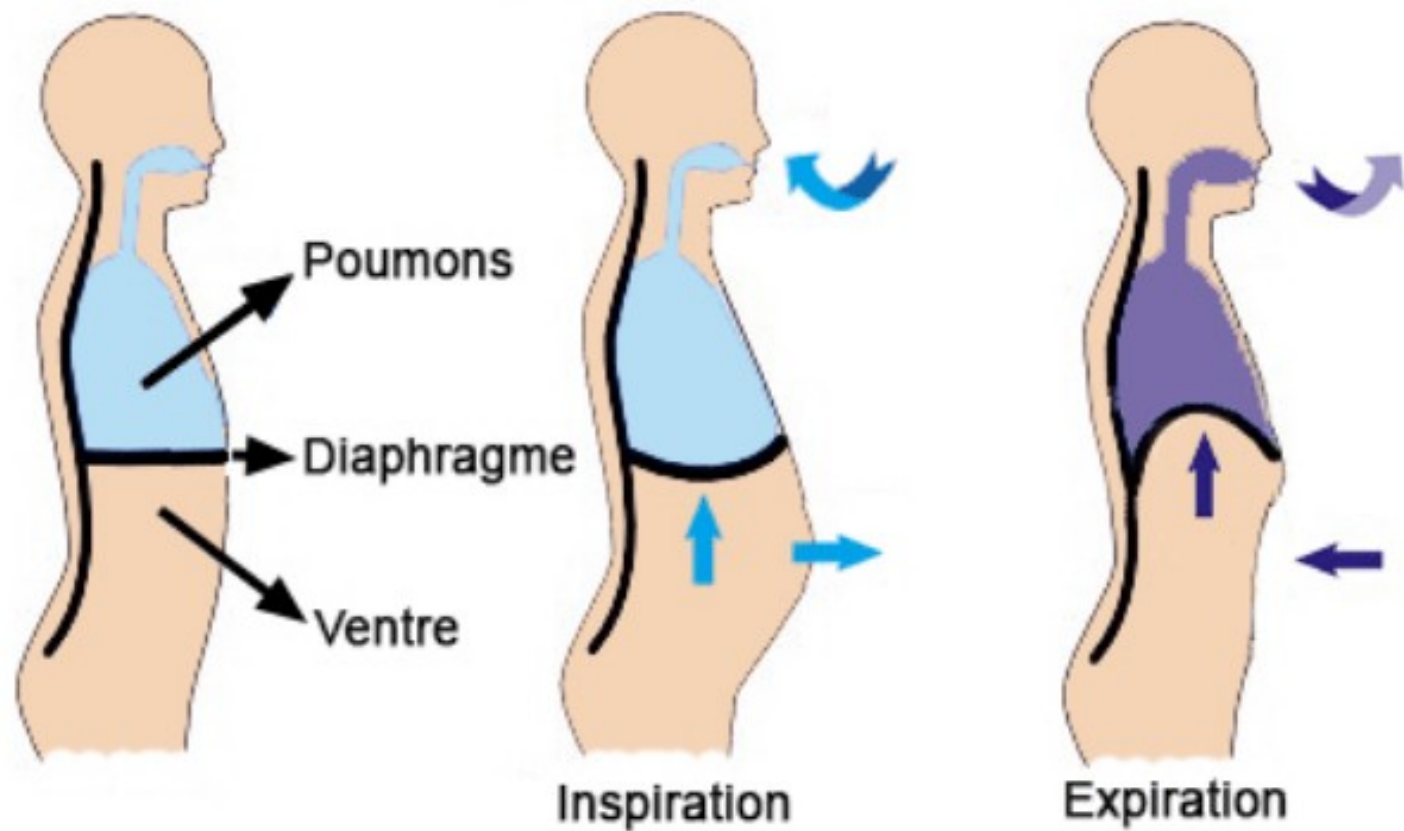
2

Inspiration abdominale



3

Inspiration thoracique



Source : <http://toutensoi.be/les-bienfaits-de-la-respiration-abdominale/>