

# *Textes de relaxation*



Sara.T

# Relaxation Et Meacuteditation

**Dominique Servant**



## **Relaxation Et Meacuteditation:**

**Relaxation et méditation** Dominique Servant, 2021-04-20 La relaxation et la méditation sont des pratiques partiellement en médecine en psychothérapie et pour la prévention de la santé la réduction et le développement personnel qui peuvent être une alternative aux traitements médicamenteux Cet ouvrage qui fait suite au livre Relaxation expose les méthodes de relaxation et de méditation souvent proches et complémentaires dans leurs indications en développant les éléments médicaux psychologiques et scientifiques justifiant leur intérêt en pratique psychothérapeutique Hypnose training autonome de Schultz relaxation progressive de Jacobson sophrologie imagerie guidée biofeedback pleine conscience yoga Qi gong et autres sont autant de pratiques expliquées et illustrées dans cet ouvrage Ces techniques conduisent des états de détente d'apaisement de présence ou au contraire de détachement de conscience modifiée ou de transcendance Des cas concrets décrivent leurs applications dans de nombreux domaines et pour différentes personnes Un module de relaxation et de pleine conscience s'accompagne par exemple ainsi qu'une boîte à outils d'exercices complètent le livre Des exercices audios un carnet de participant et un module de yoga animé sont également disponibles en ligne pour guider le lecteur dans la pratique des exercices proposés Cet ouvrage s'adresse aux psychologues thérapeutes médecins et soignants infirmiers kinésithérapeutes sages femmes ainsi qu'aux praticiens sophrologues hypnothérapeutes instructeurs de pleine conscience et toutes les personnes qui souhaitent se former pour élargir leur pratique

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