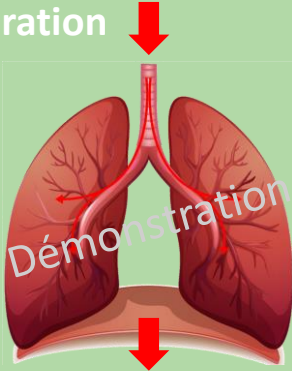


La respiration abdominale

La respiration abdominale, également appelée **respiration ventrale**, est une technique de respiration lente activée par les mouvements du diaphragme. Elle offre de nombreux bienfaits pour la santé

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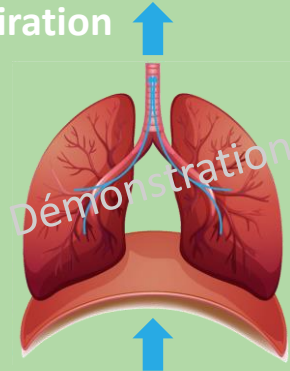
Inspiration



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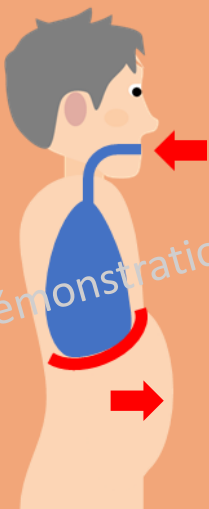
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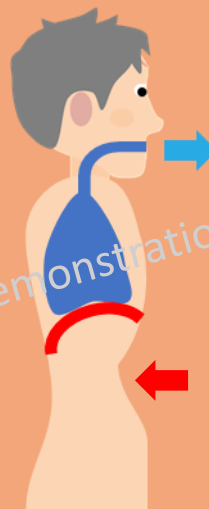
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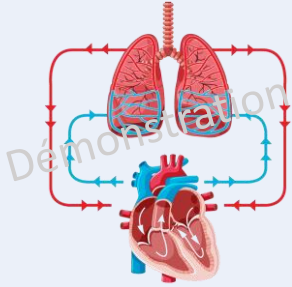
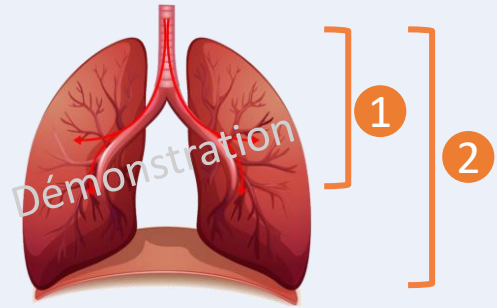
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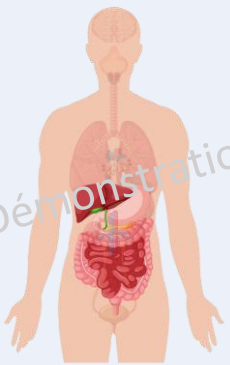
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- Ne forcez jamais sur votre diaphragme, adoptez une respiration lente et douce
- En cas de pathologie cardiaque, respiratoire ou de simple doute sur votre état de santé, consultez préalablement votre médecin avant de pratiquer la respiration abdominale.