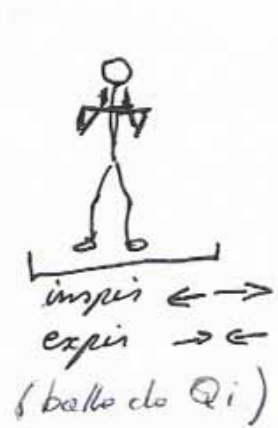
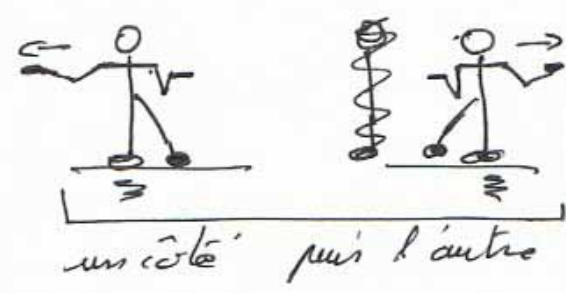
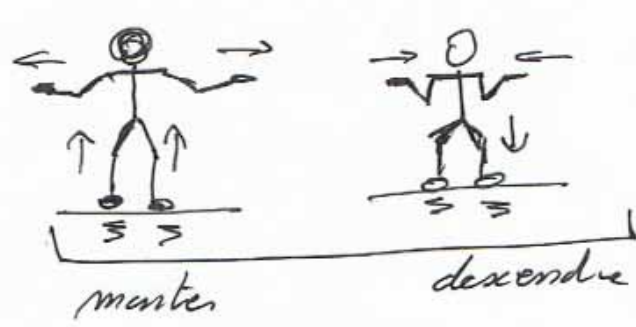
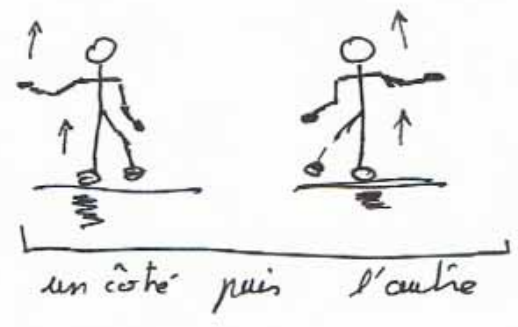
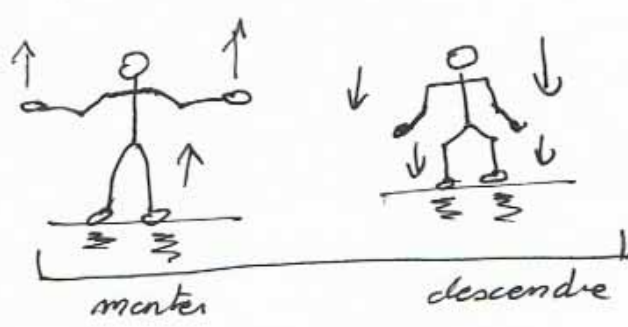
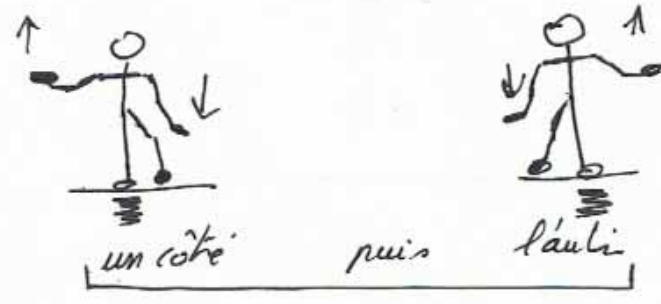
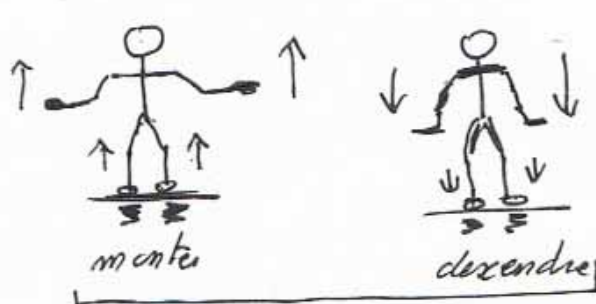
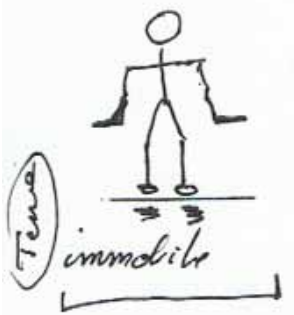
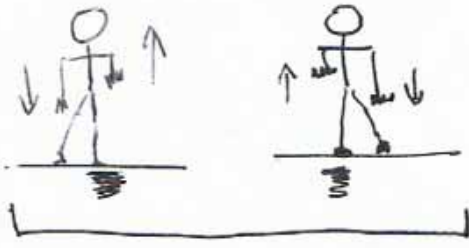


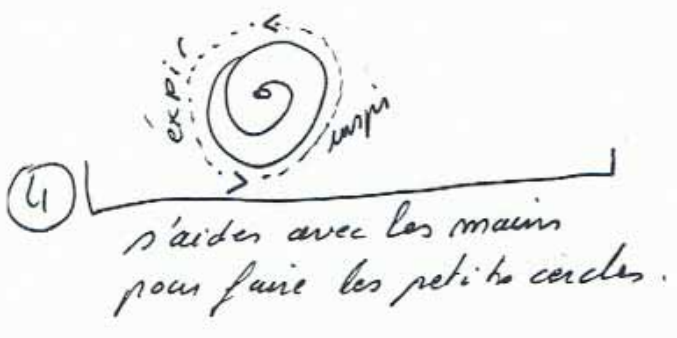
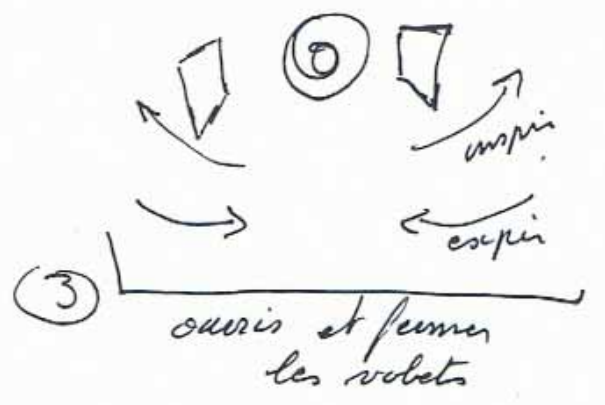
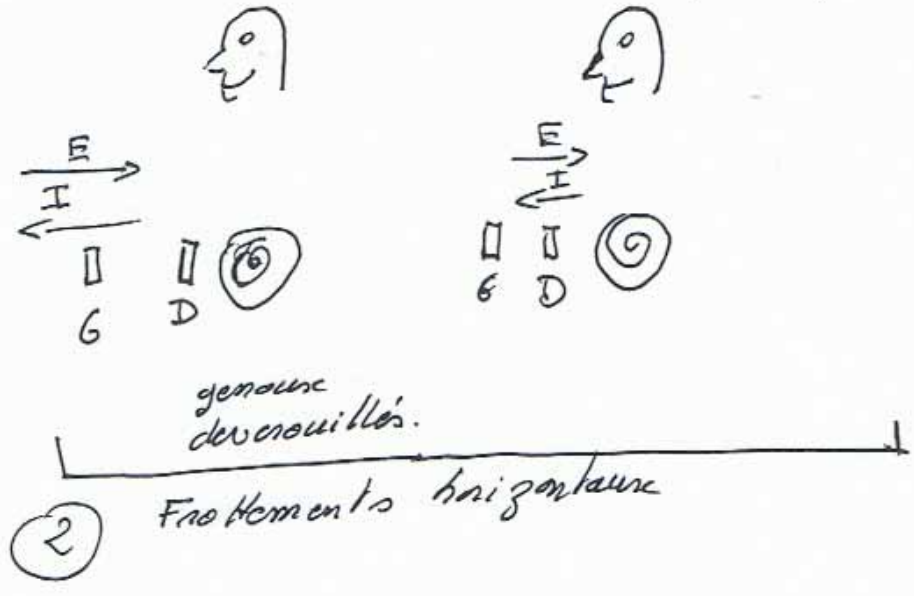
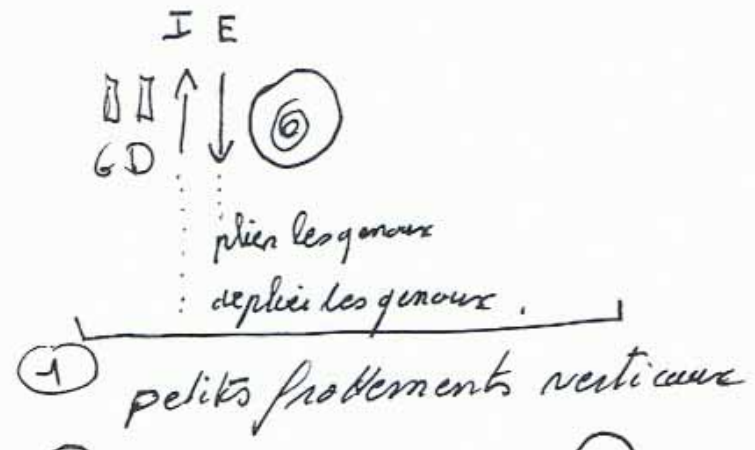
Soumis



- yeux fermés
- se relaxer
- sentir la présence de la terre dans toutes les cellules
- sentir la présence du ciel dans toutes les cellules



- concentrer dans les mains
- descendre au cœur
- avaler le Qi dans le tan tien
- descendre les mains au tan tien



CENTRE DE THERAPIE
DU GONG
21 rue de la...
44100 Nantes



(exemple:
Femme)



partir du Tan Tien
des cercles de
+ en + grand.

partir de l'extérieur en changeant de
sens, revenir petit à petit
vers le centre du Tan Tien

①

rassembler le Qi

②

masser la 7^{ème} cervicale

③

masser les reins et les lombaires (chuteurs)

④

masser le visage en remontant 7 fois

⑤

Descendre et faire circuler le Qi.

⑥

se reposer.