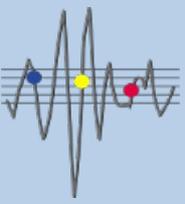
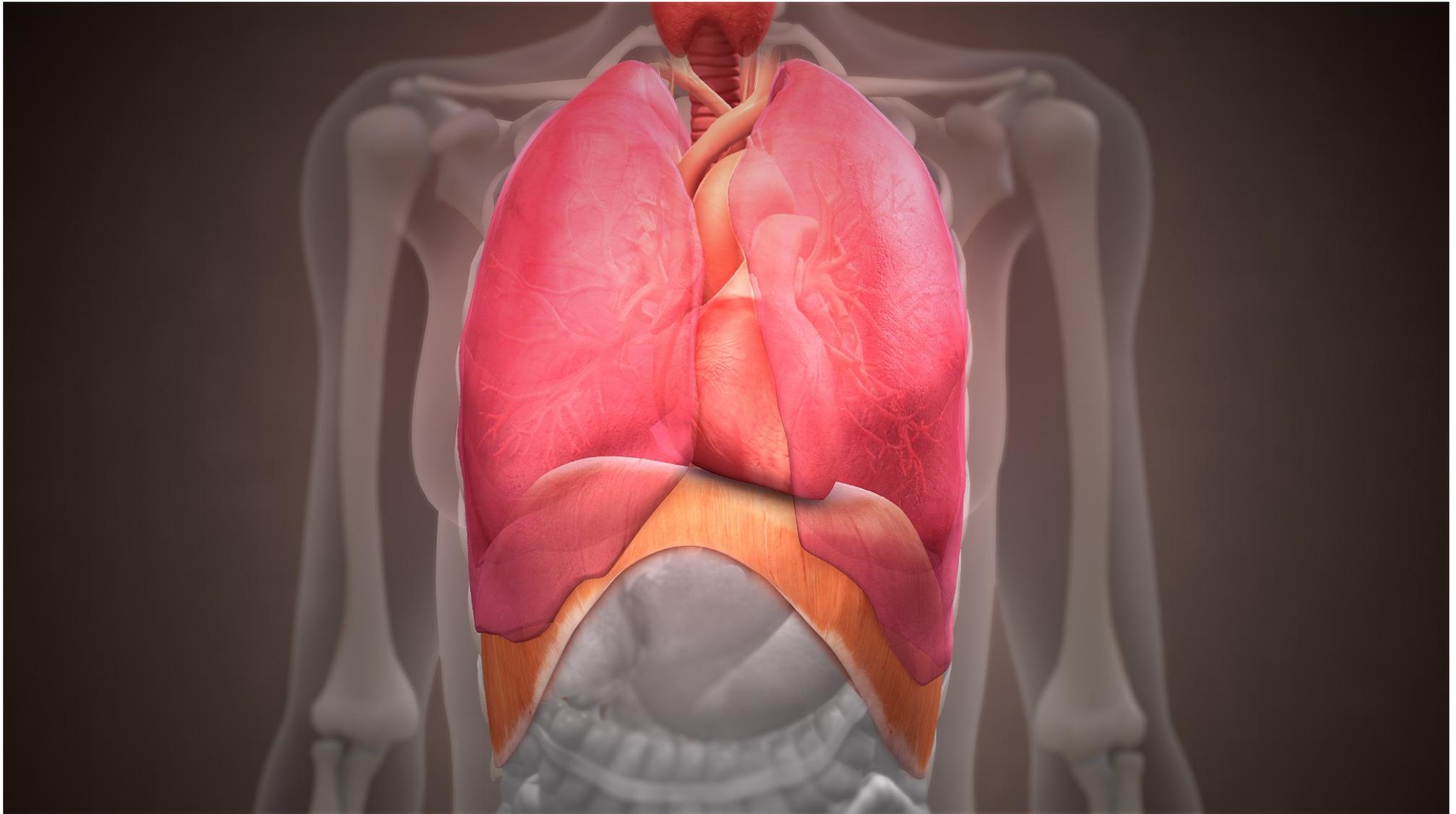


la respirazione

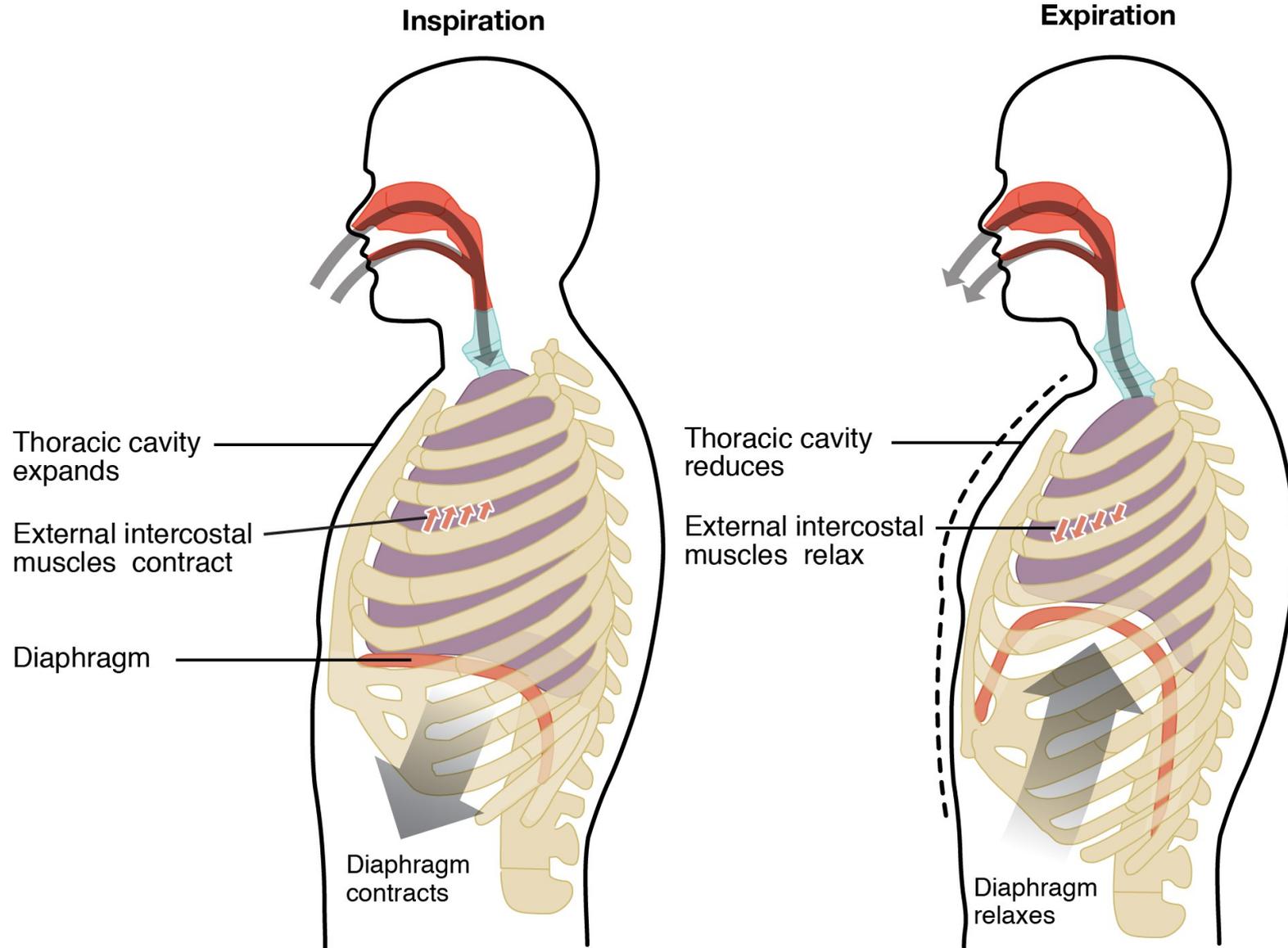
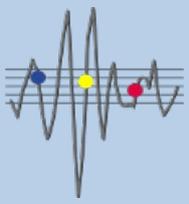


La respirazione :

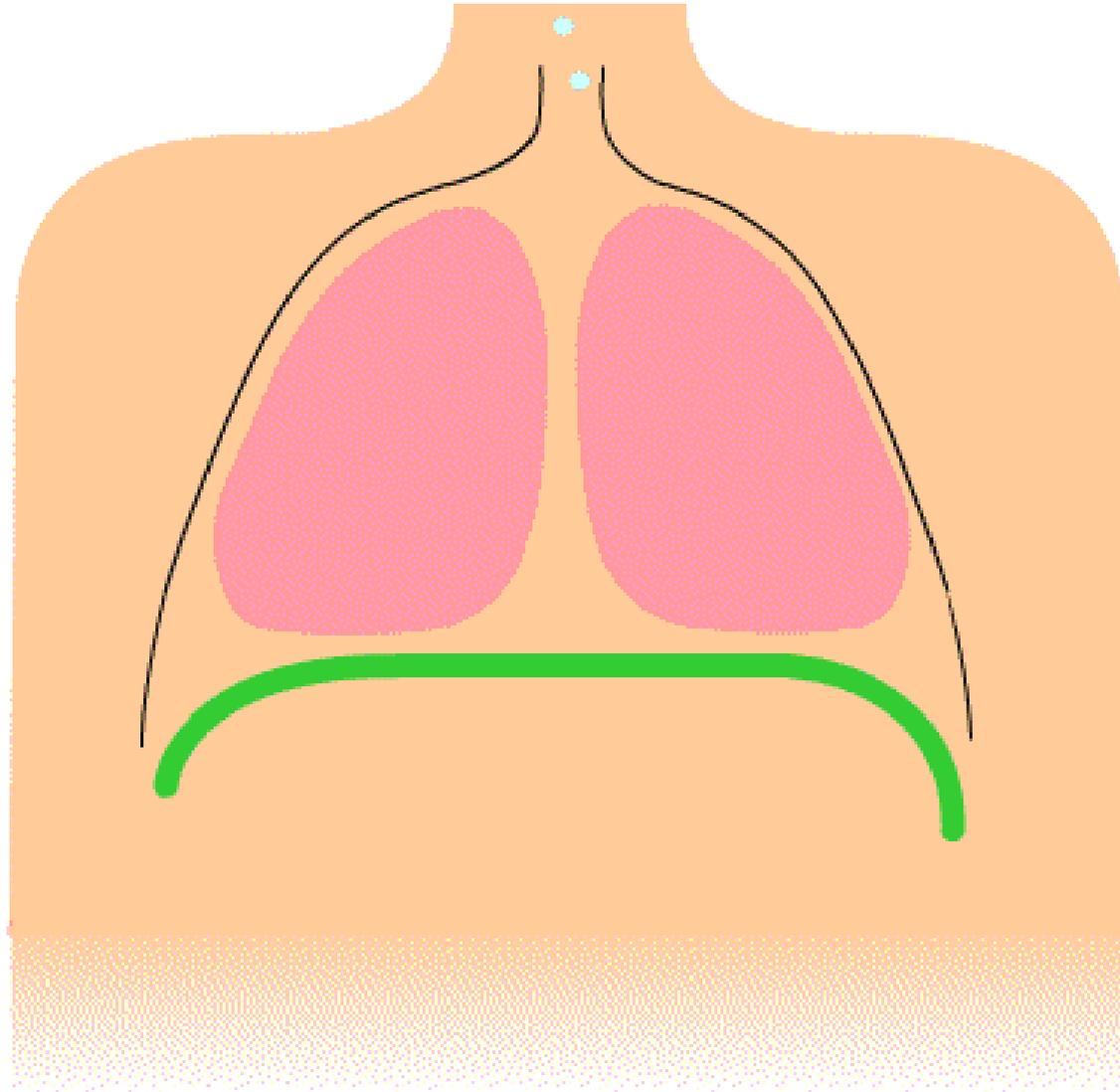
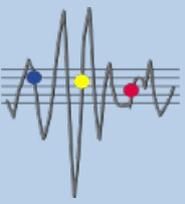
- anatomia
- la dinamica respiratoria
- il comportamento fisiologico
- il ciclo Pranayama
- riflessioni conclusive e compiti

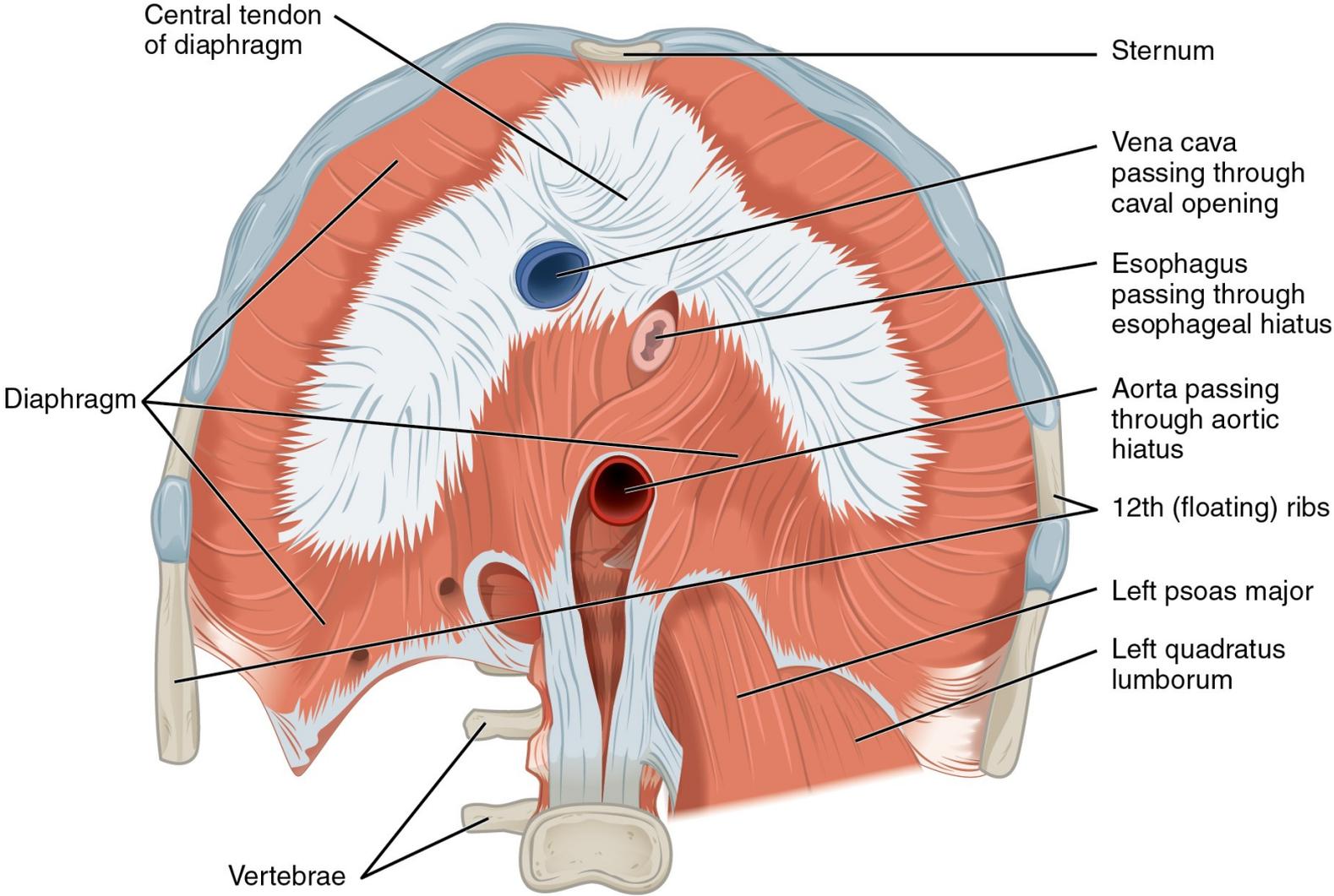


la dinamica respiratoria

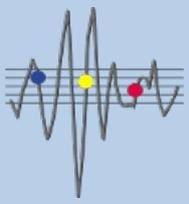


la dinamica respiratoria

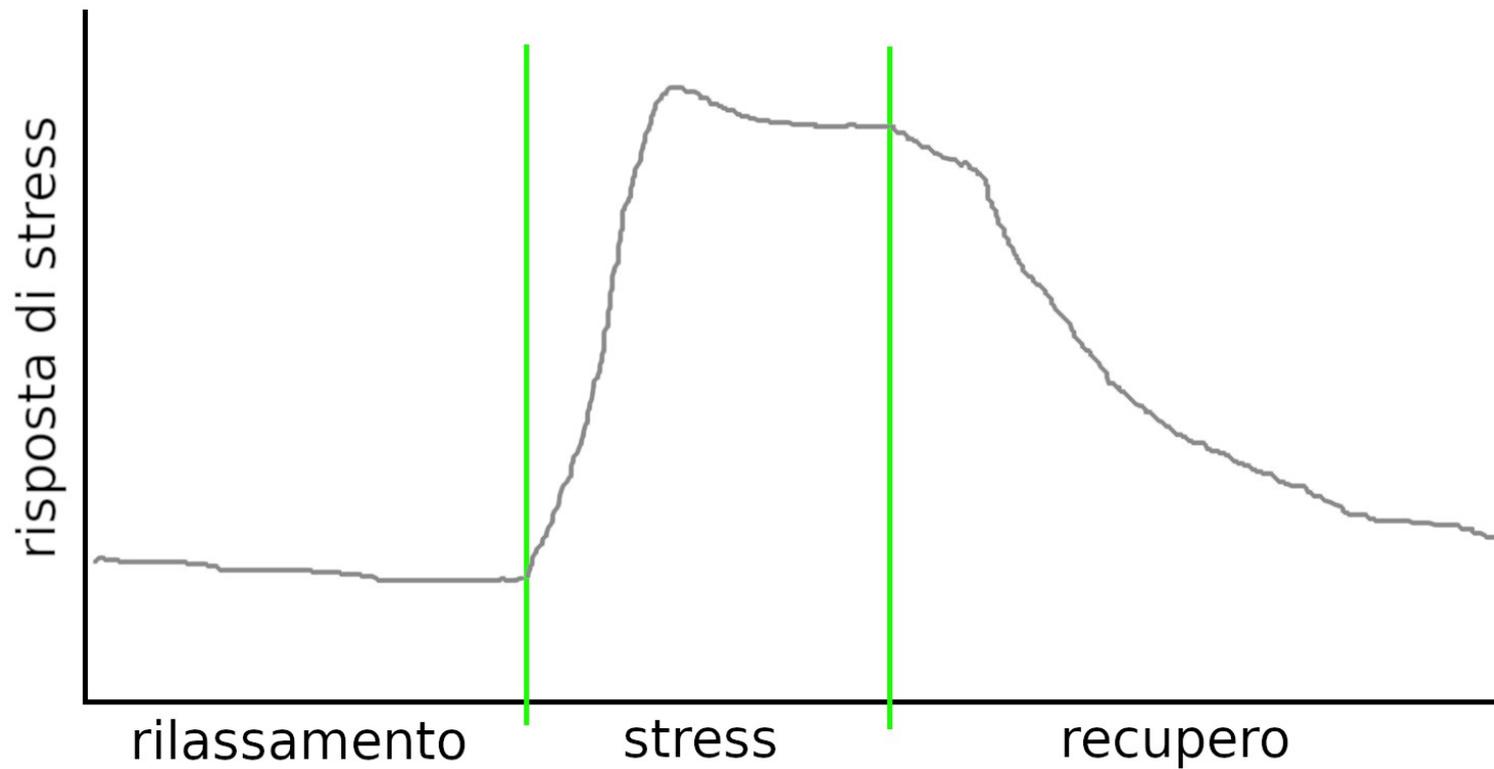




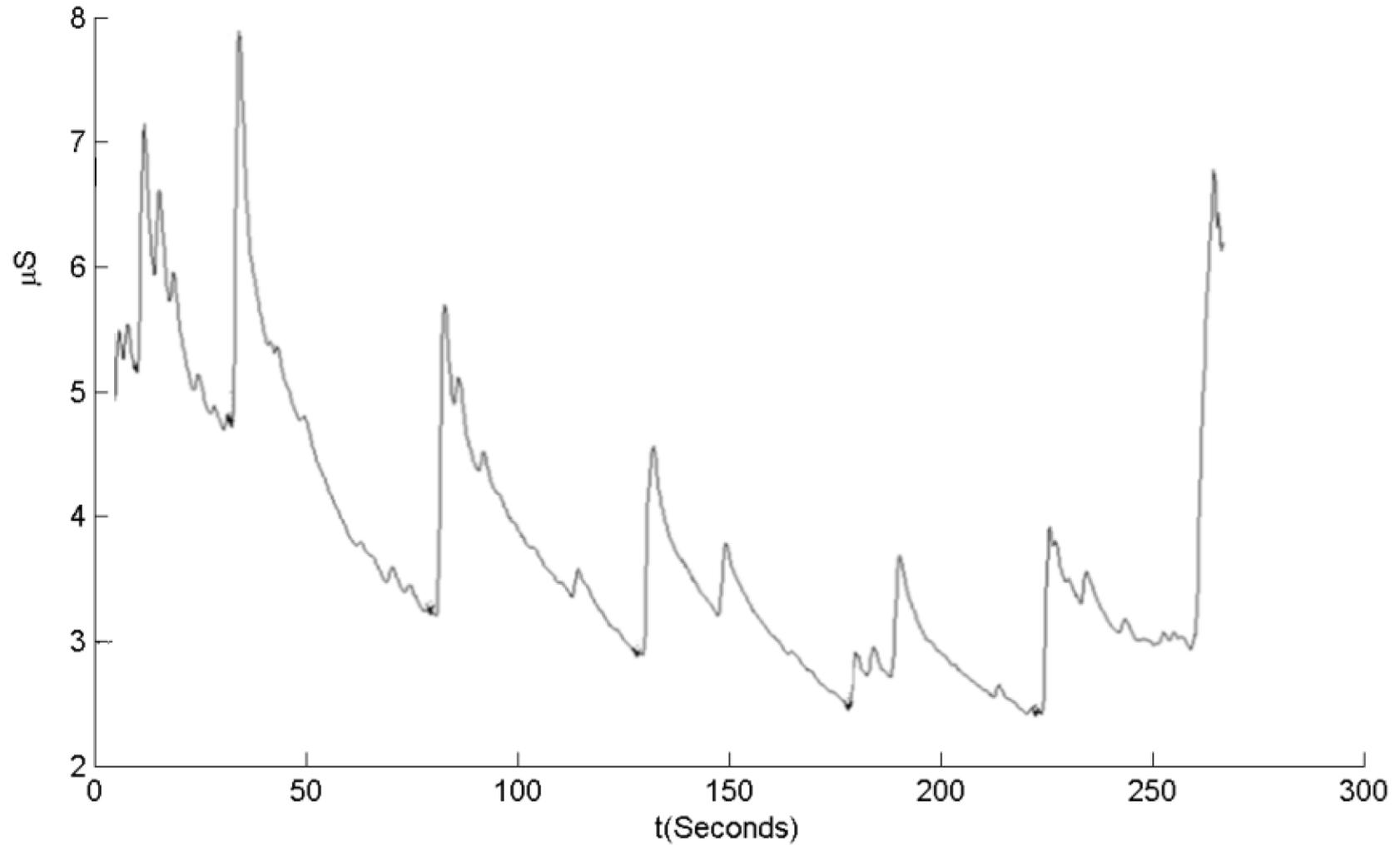
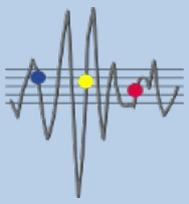
Diaphragm (inferior view)



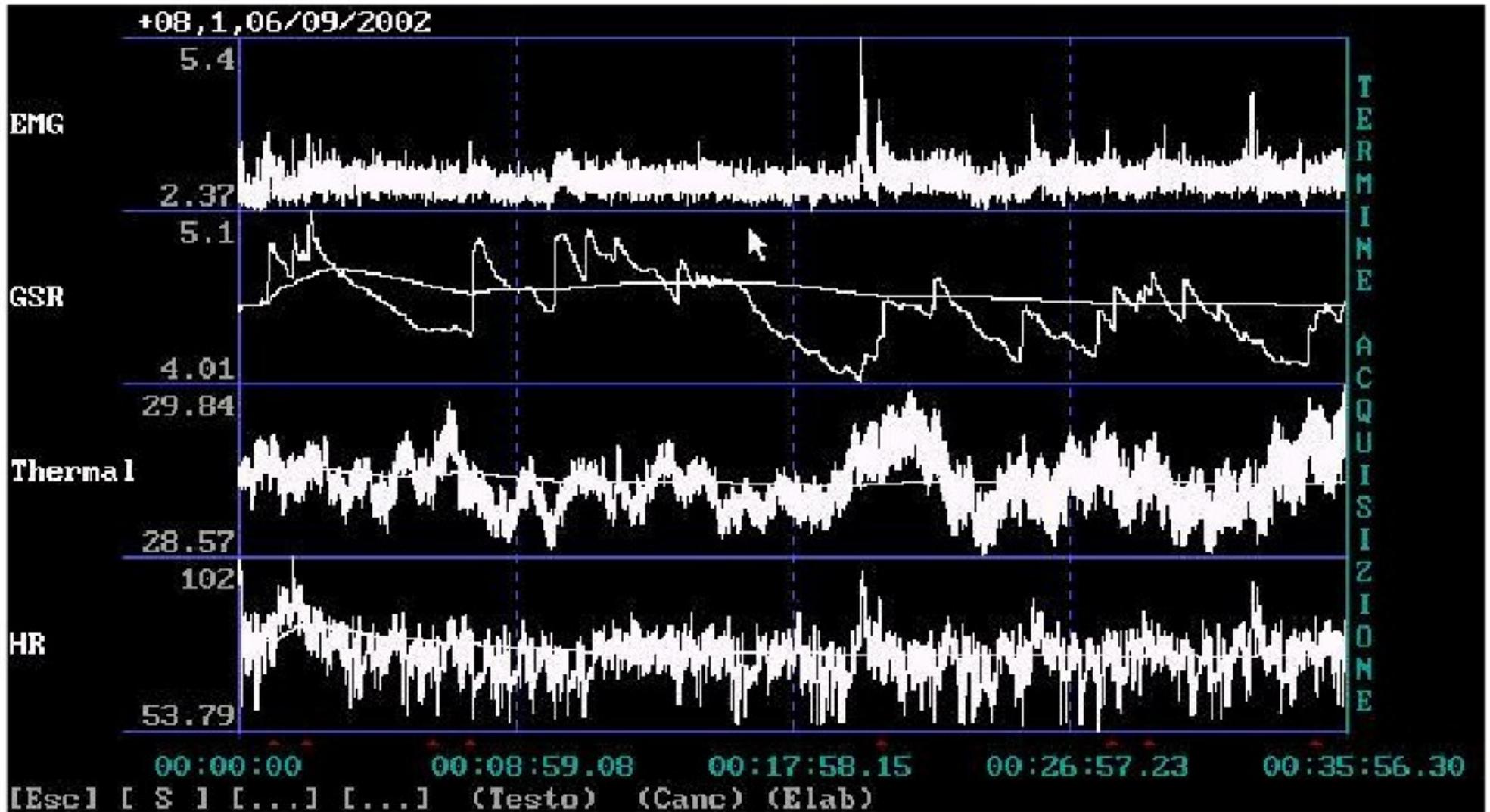
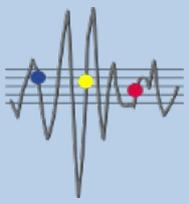
Profilo di stress

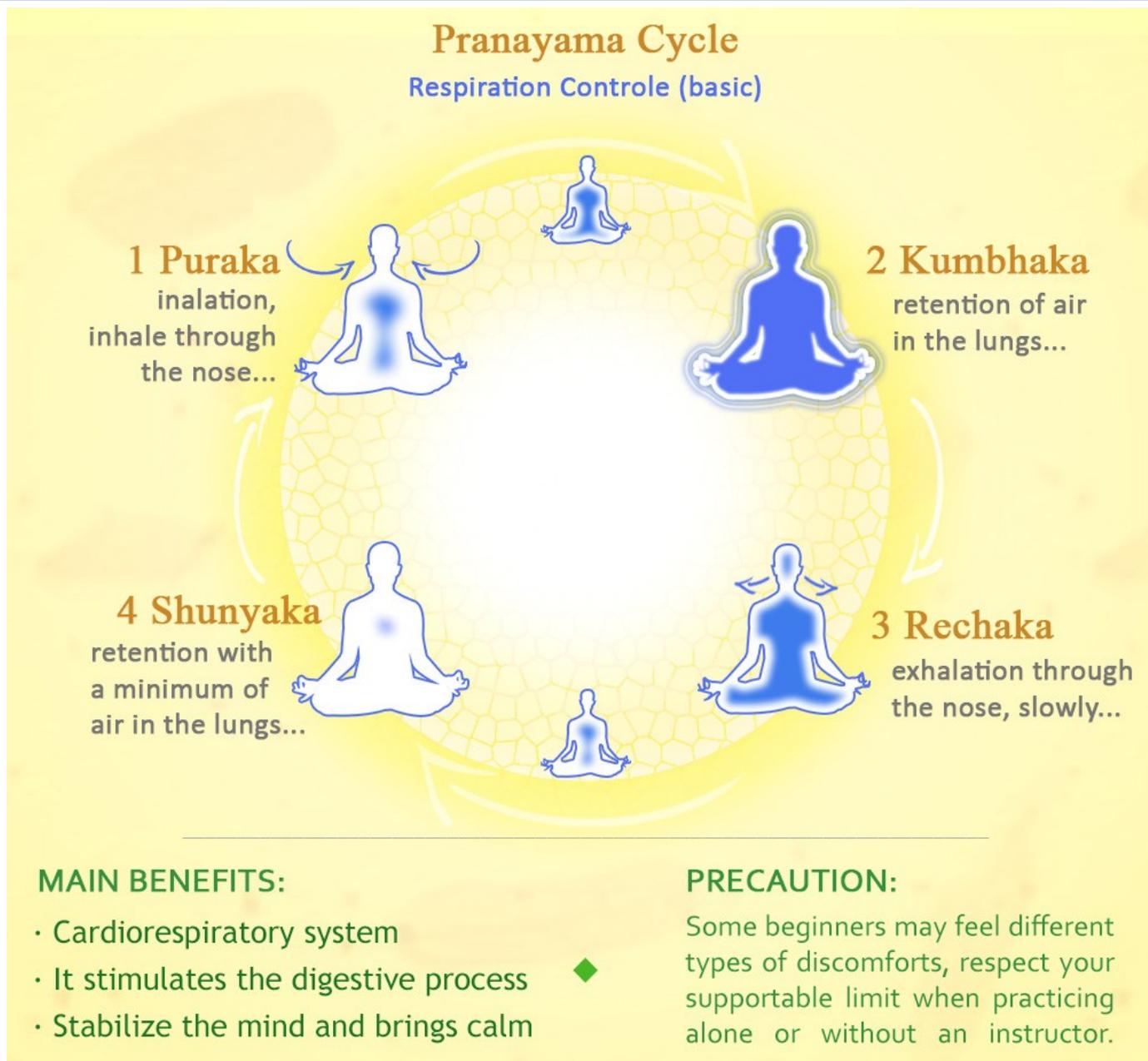
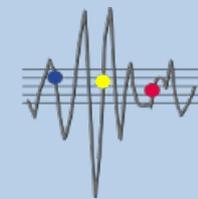


il comportamento fisiologico



il comportamento fisiologico







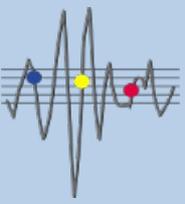
Riflessione sulla paura

- paura DEL corpo / PER il corpo
- paura DEL prossimo / PER il prossimo
- paura di NON sapere / di sapere
- paura di agire / di NON agire

(Schimmenti et al., "The four horsemen of fear..."
Clinical Neuropsychiatry (2020) 17, 2, 41-45)

Riflessione sul Sé

- "Penso quindi esisto" (Descartes, 1596 – 1650)
- Chiudo gli occhi, respiro... = prima di tutto, questo sono io.



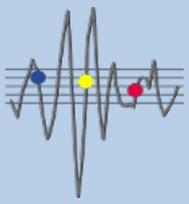
COMINCIAMO DAL CORPO

Questo semplice esercizio va praticato 3 volte al giorno, prima dei pasti, quasi come fosse il “meraviglioso ringraziamento” che ad esempio mio nonno dedicava prima di cibarsi.

(vi invierò un file audio attraverso il quale vi accompagnerò nel farlo)

- chiudo gli occhi
- lascio andare l'aria lentamente (non la spingo fuori)
- breve attesa di un paio di secondi
- inspiro
- breve attesa di un paio di secondi
- e di nuovo lascio andare l'aria lentamente...

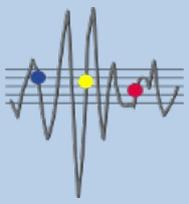
Per circa tre minuti. Dopodiché apro gli occhi e mangio :-)



VI ABBRACCIO

e anche se non vi
conoscete,
suggerisco di
abbracciarVi con
sentimento sereno:

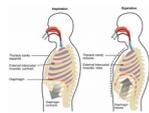
ciascuno di Voi è una
Persona meravigliosa :-)



(tutto il materiale impiegato in questo documento è pubblicato secondo le licenze “Creative Commons”)



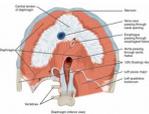
www.scientificanimations.com, 3D Medical Animation Diaphragm Structure, CC BY-SA 4.0



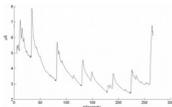
OpenStax College, 2316 Inspiration and Expiration, CC BY 3.0



John Pierce, Diaphragmatic breathing (frames sequence speed modified by Danilo Spada), CC0 1.0



OpenStax, 1113 The Diaphragm, CC BY 4.0



Baig & Kavakli, A Survey on Psycho-Physiological Analysis & Measurement Methods in Multimodal Systems. Multimodal Technologies Interact. 2019, 3(2), 37; CC BY



Renato yoga, The Basic of Pranayama Cycle, CC BY-SA 4.0