
Annexe

Ikigai

Le secret japonais d'une vie longue et heureuse

Héctor García, Francesc Miralles

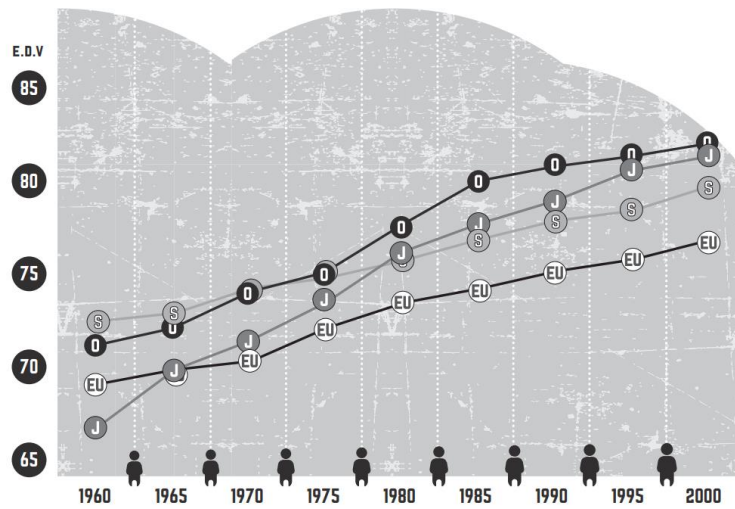


des milliers
d'histoires,
découvrez la vôtre

Sommaire

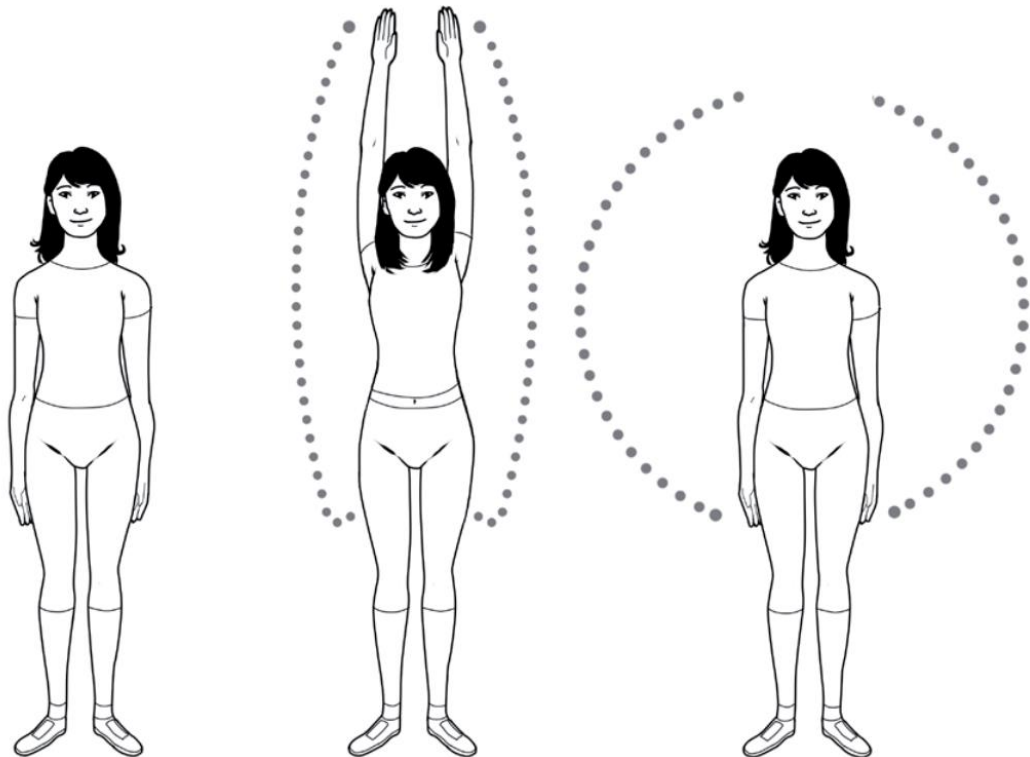
Image 1. Espérance de vie dans les pays à forte longévité par rapport aux États-Unis	3
Image 2. Version simple des exercices de <i>radio taiso</i> (5 minutes)	3
Image 3. Salutation au Soleil.....	6
Image 4. Imiter les nuages	7
Image 5. Qi gong. Terre.....	7
Image 6. Qi gong. Eau	8
Image 7. Qi gong. Bois	8
Image 8. Qi gong. Métal	9
Image 9. Qi gong. Feu	9
Image 10. Qi gong. Clôture de la série	9

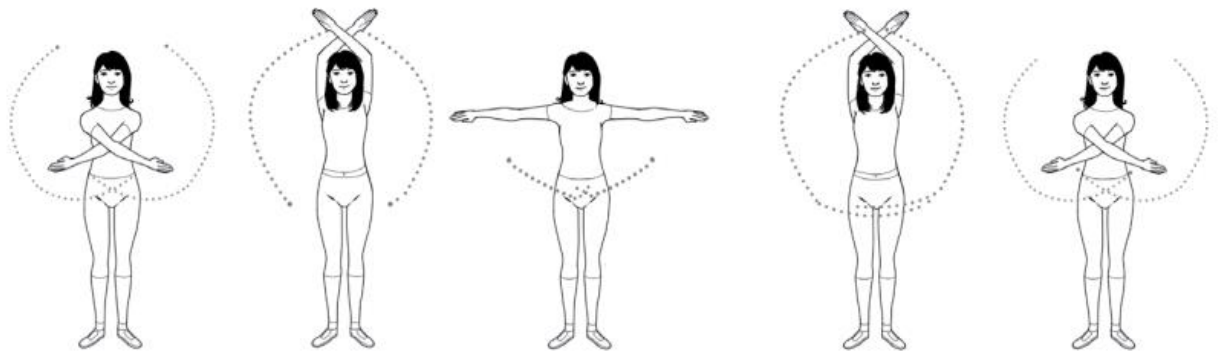
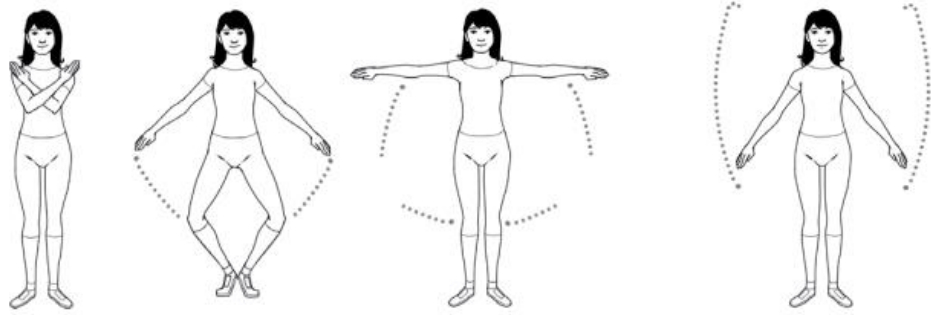
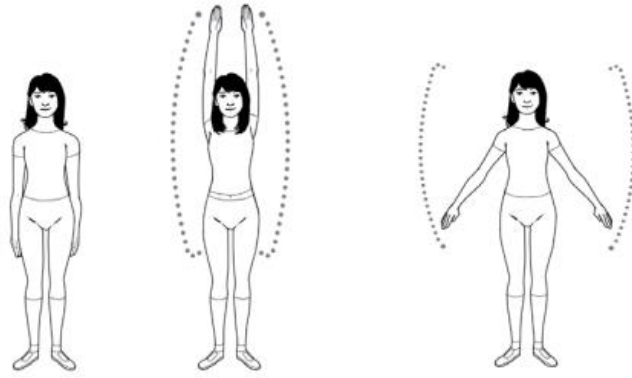
Image 1. Espérance de vie dans les pays à forte longévité par rapport aux États-Unis



Source : OMS 1966 ; Ministère Japonais de la Santé et du Bien-Être 2004 ; U.S. Department of Health and Human Services/CDC 2005.

Image 2. Version simple des exercices de *radio taiso* (5 minutes)





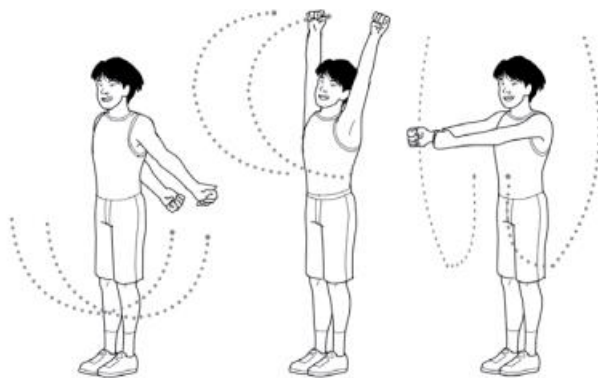
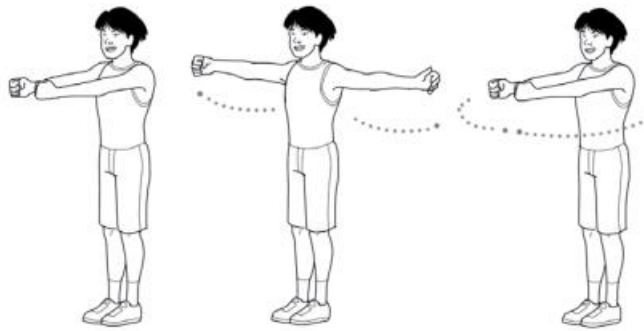
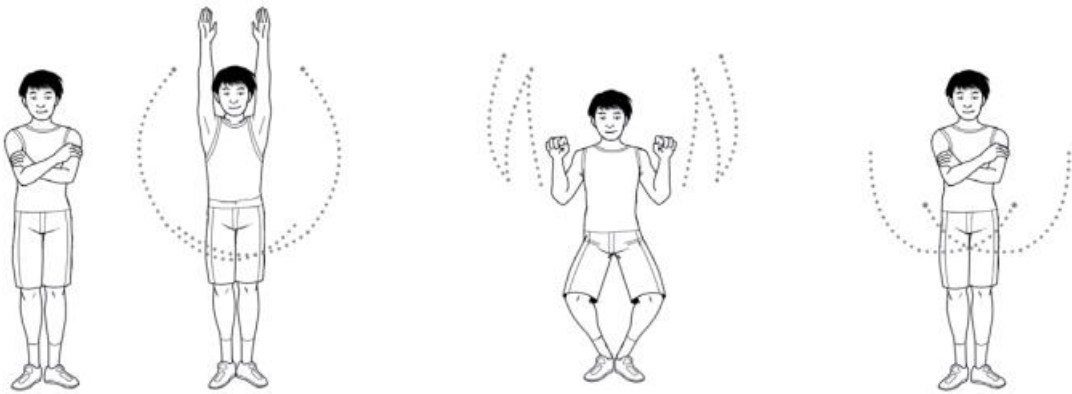
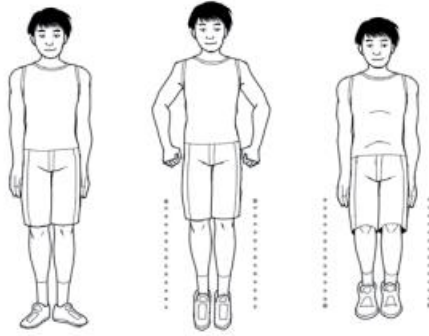


Image 3. Salutation au Soleil

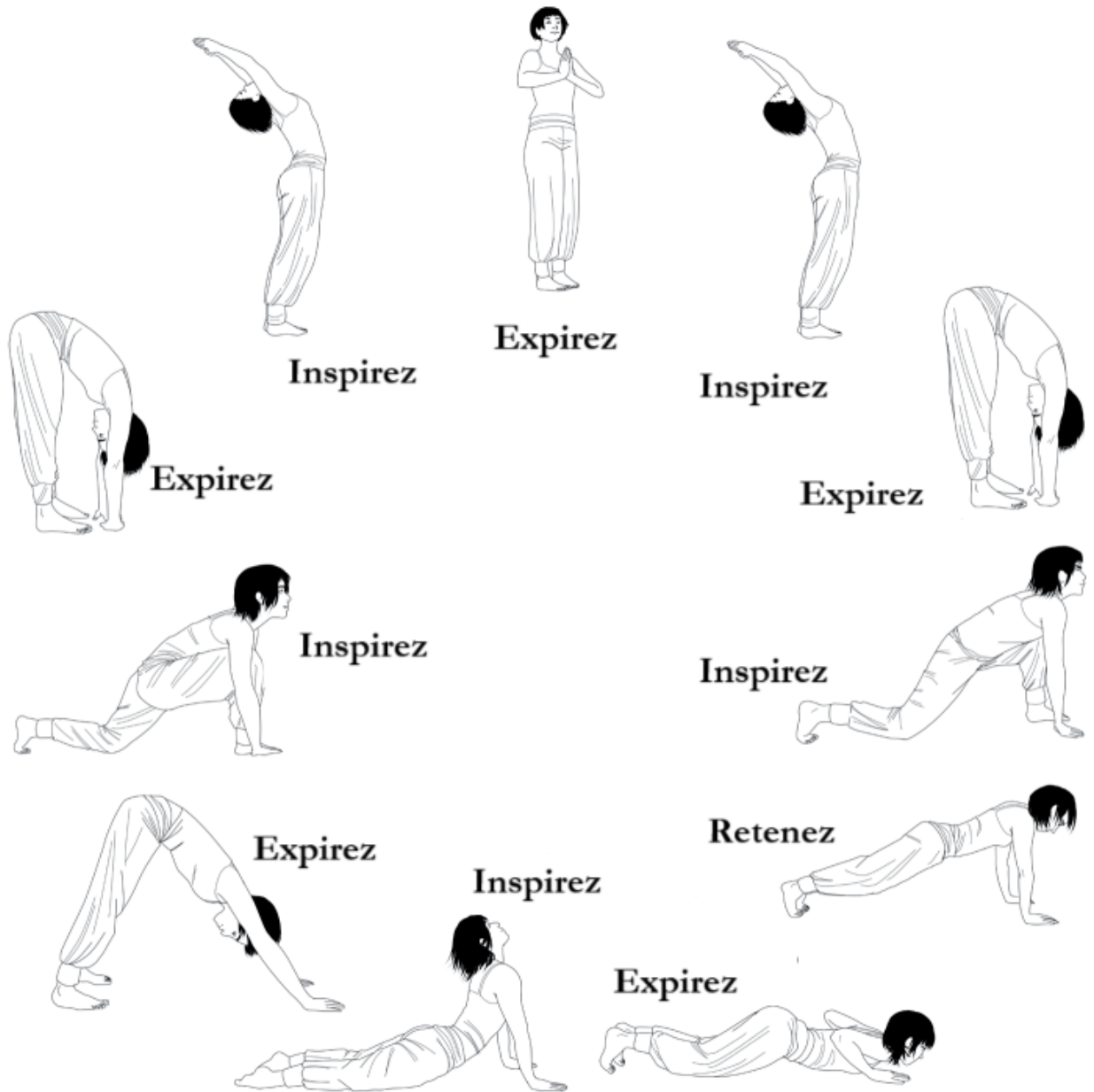


Image 4. Imiter les nuages

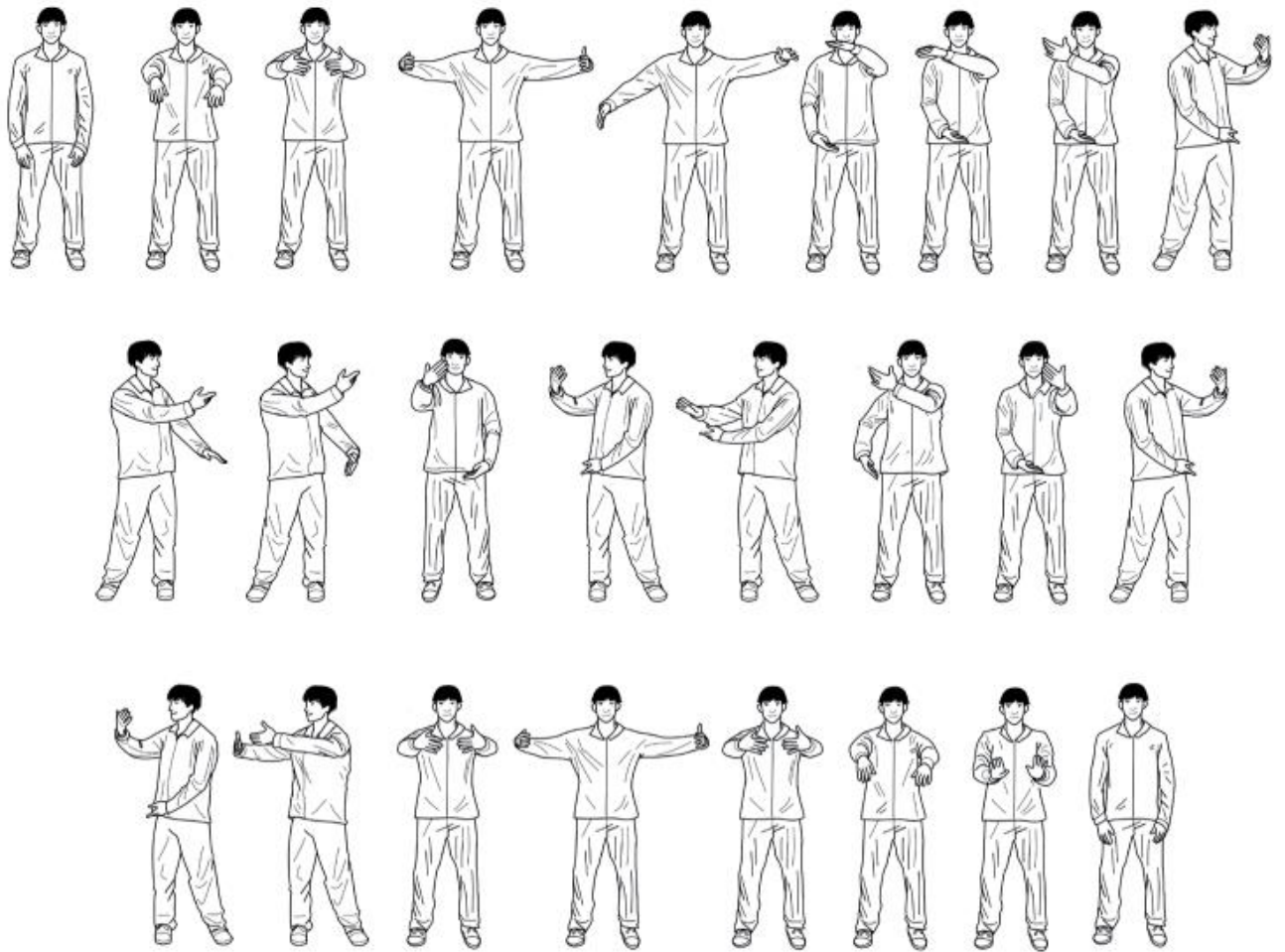


Image 5. Qi gong. Terre

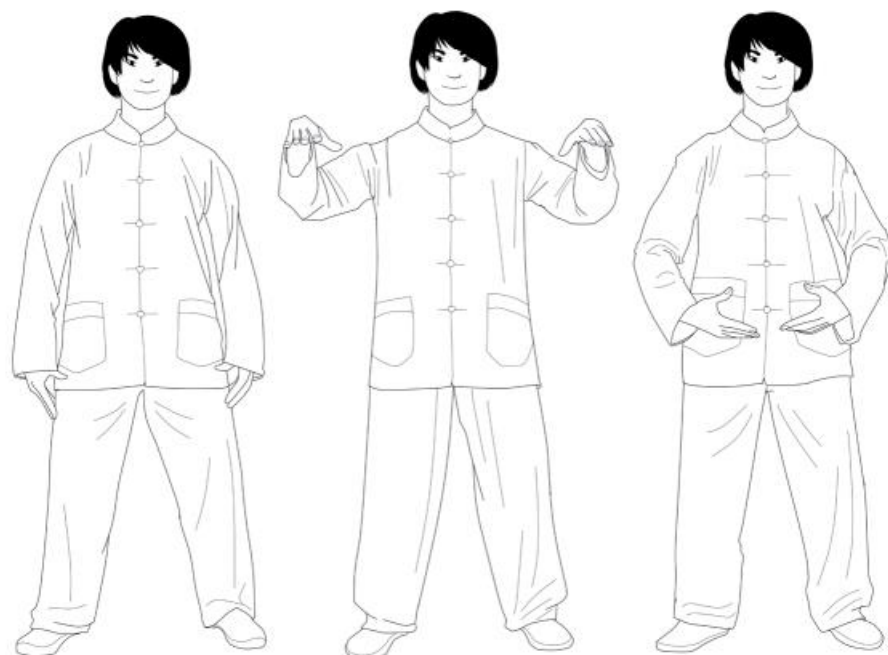


Image 6. Qi gong. Eau



Image 7. Qi gong. Bois

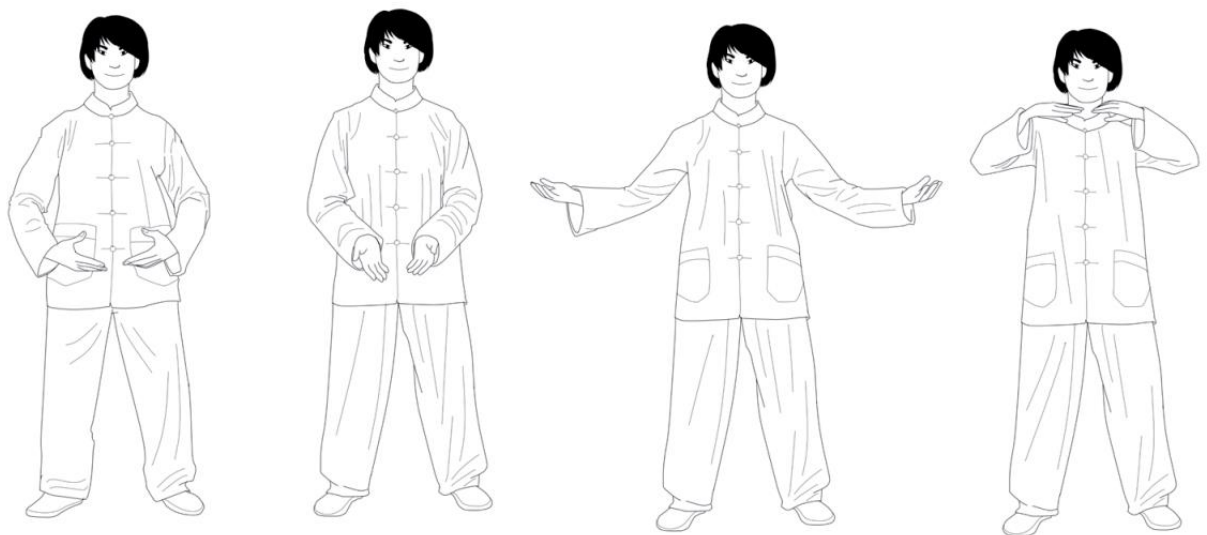


Image 8. Qi gong. Métal

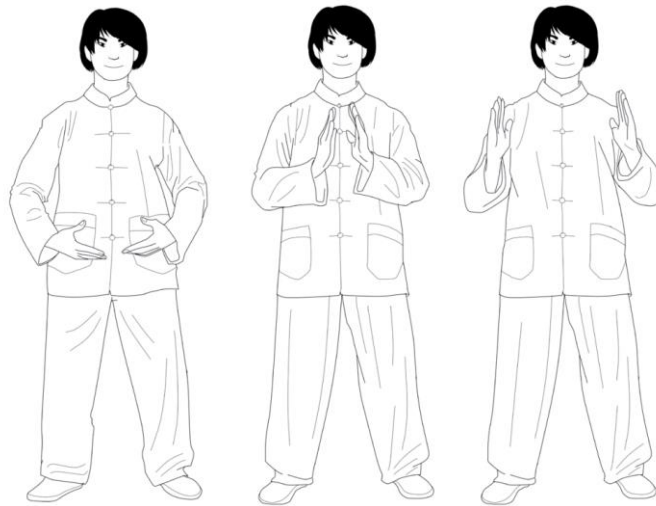


Image 9. Qi gong. Feu

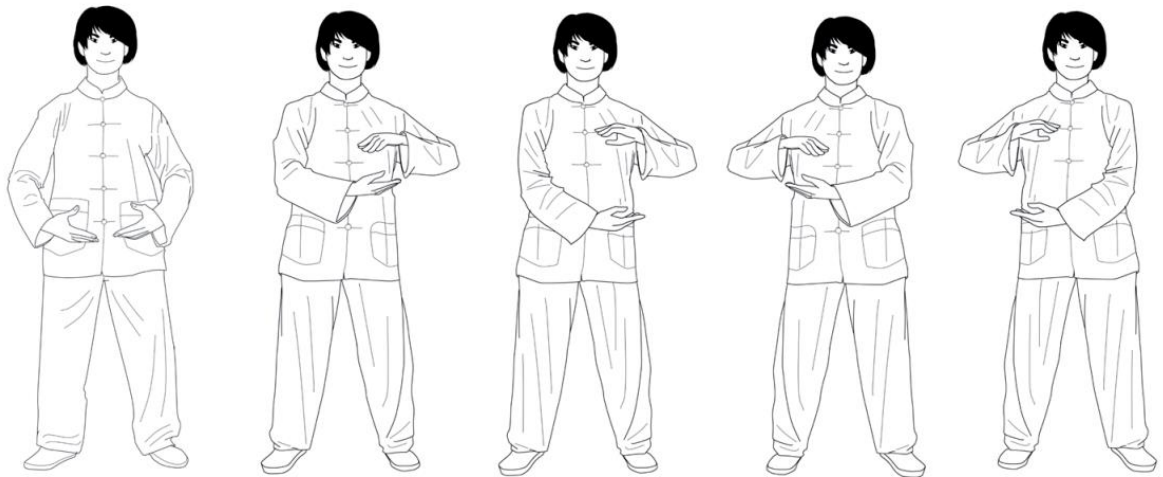


Image 10. Qi gong. Clôture de la série

