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Breathing

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Breathing

**Muscle
Relaxation**

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Breathing

Muscle
Relaxation

Visualization

4

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6



Breathing

**Muscle
Relaxation**

Visualization

**Pain
management**

5

6



Breathing

**Muscle
Relaxation**

Visualization

**Pain
management**

**Stress
management**

6



Breathing

**Muscle
Relaxation**

Visualization

**Pain
management**

**Stress
management**

**Facilitation of
postoperative
recovery**

**Cited in the french
government plan for
pain management**



**Proposed to the
University Hospital
of Tours in the
context of chronic
pain management**



**Recognized as a
preparation tool
for childbirth**



**Offered in
oncology services
for stress
management**



**Recommended in
medically assisted
procreation
processes**

