



Renata Cruz

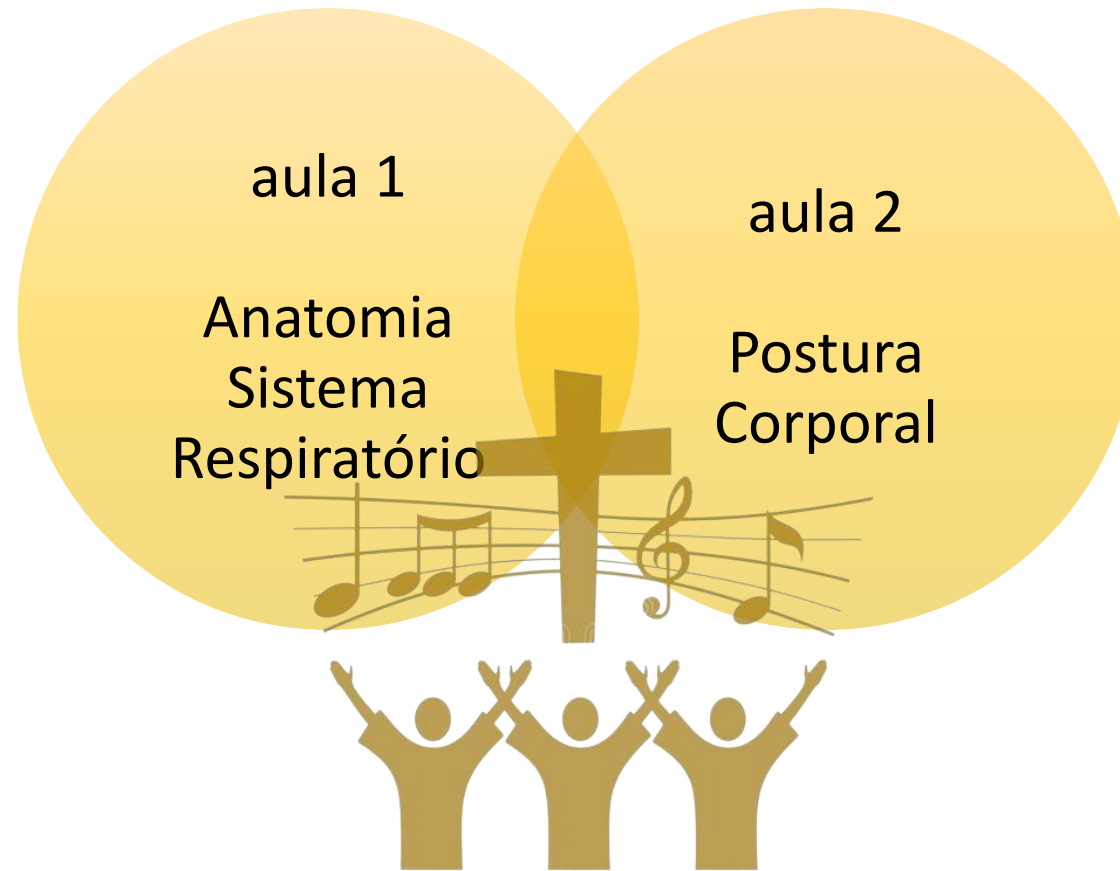
FISIOTERAPIA ESPECIALIZADA

Desenvolvimento de Música Litúrgica

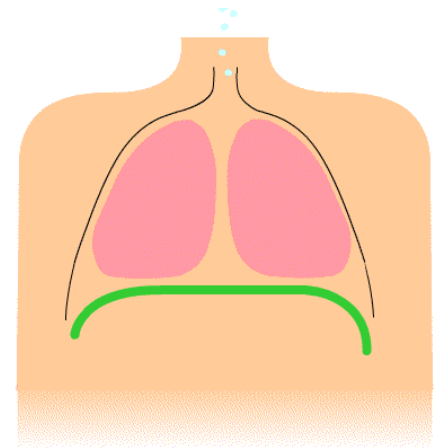
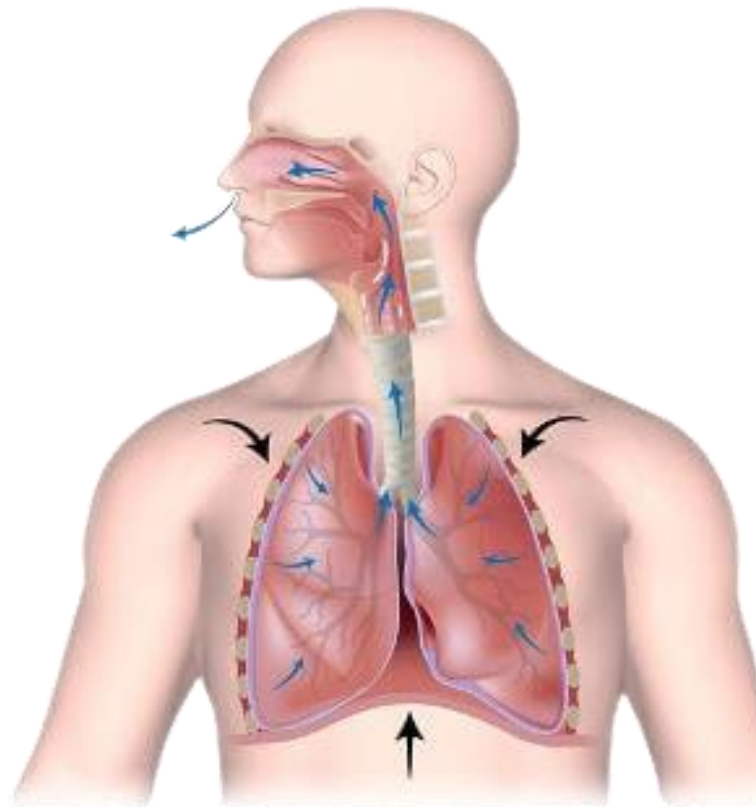
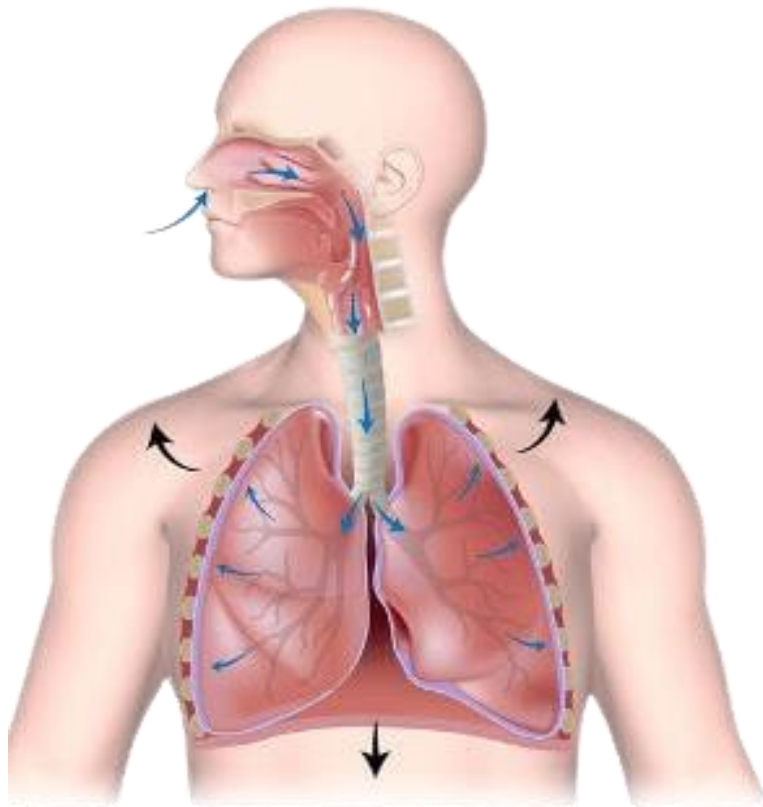


Renata Cruz
FISIOTERAPIA ESPECIALIZADA

Conteúdo

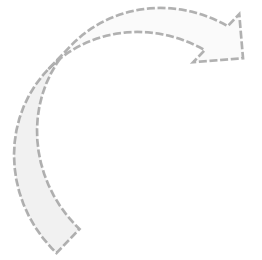
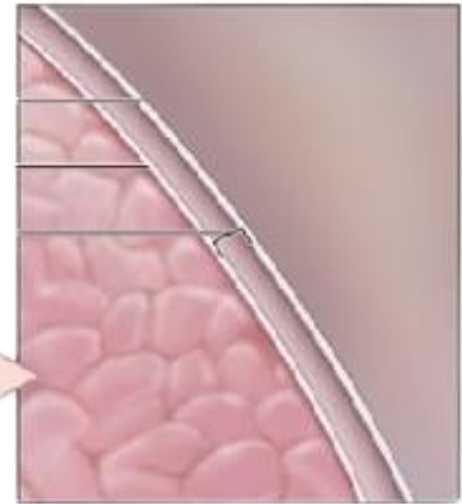
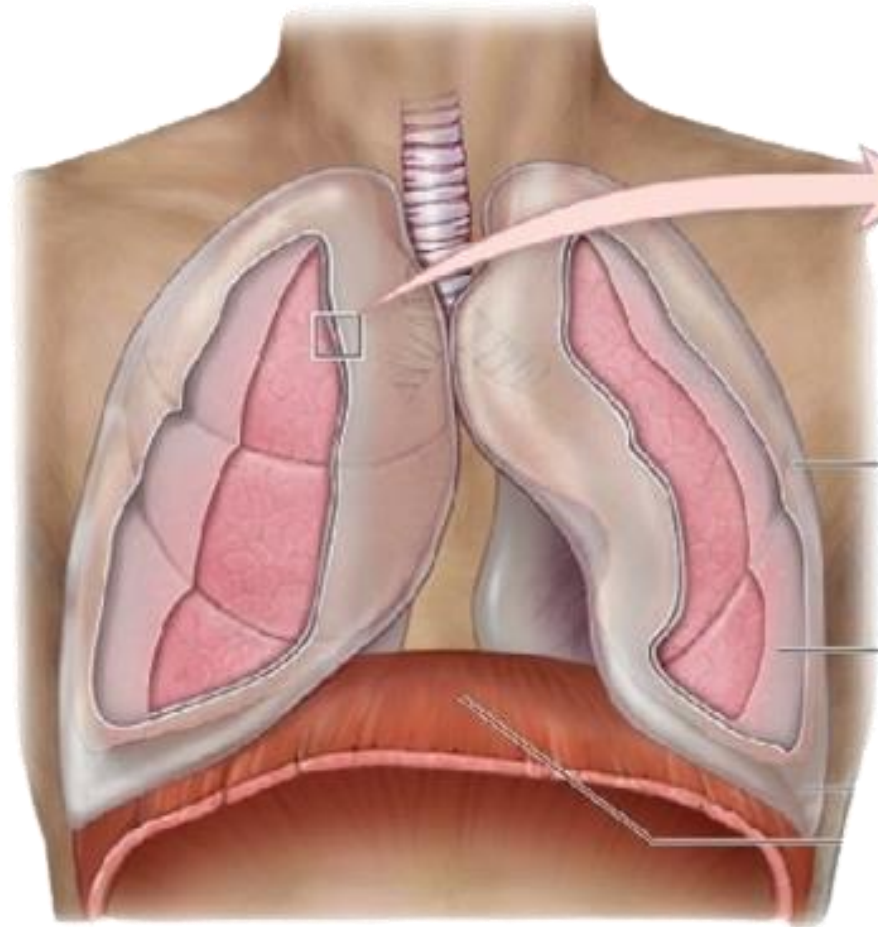
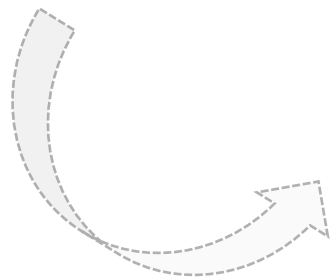
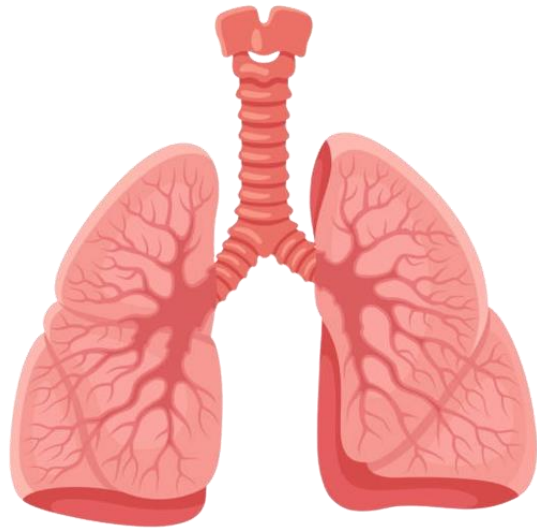


Anatomia do Sistema Respiratório – Respiração



Renata Cruz
FISIOTERAPIA ESPECIALIZADA

Mecânica Respiratória



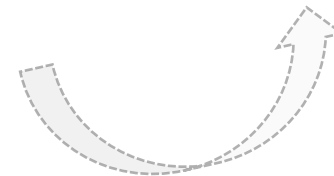
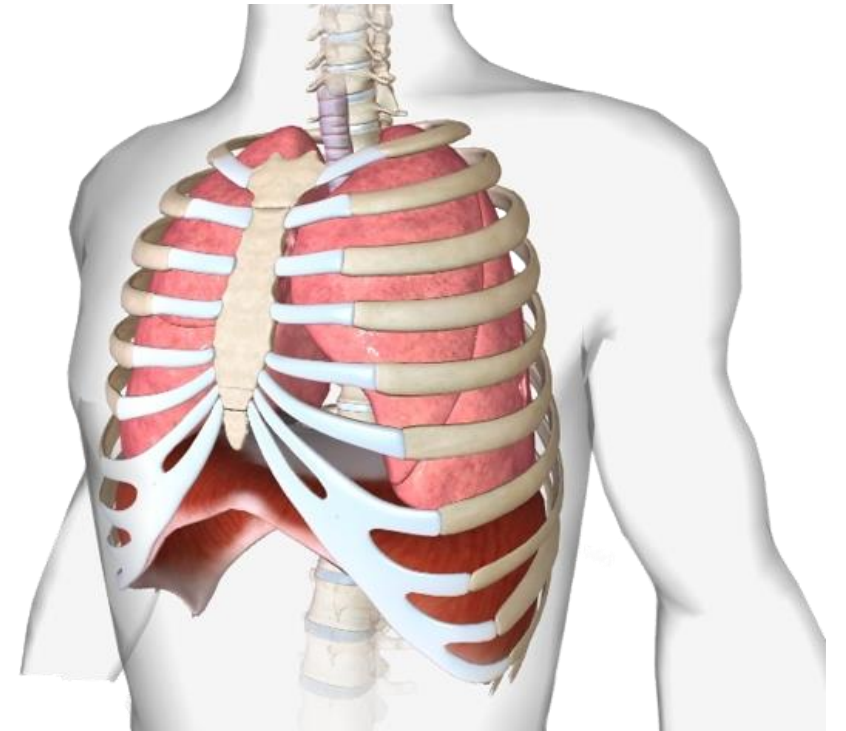
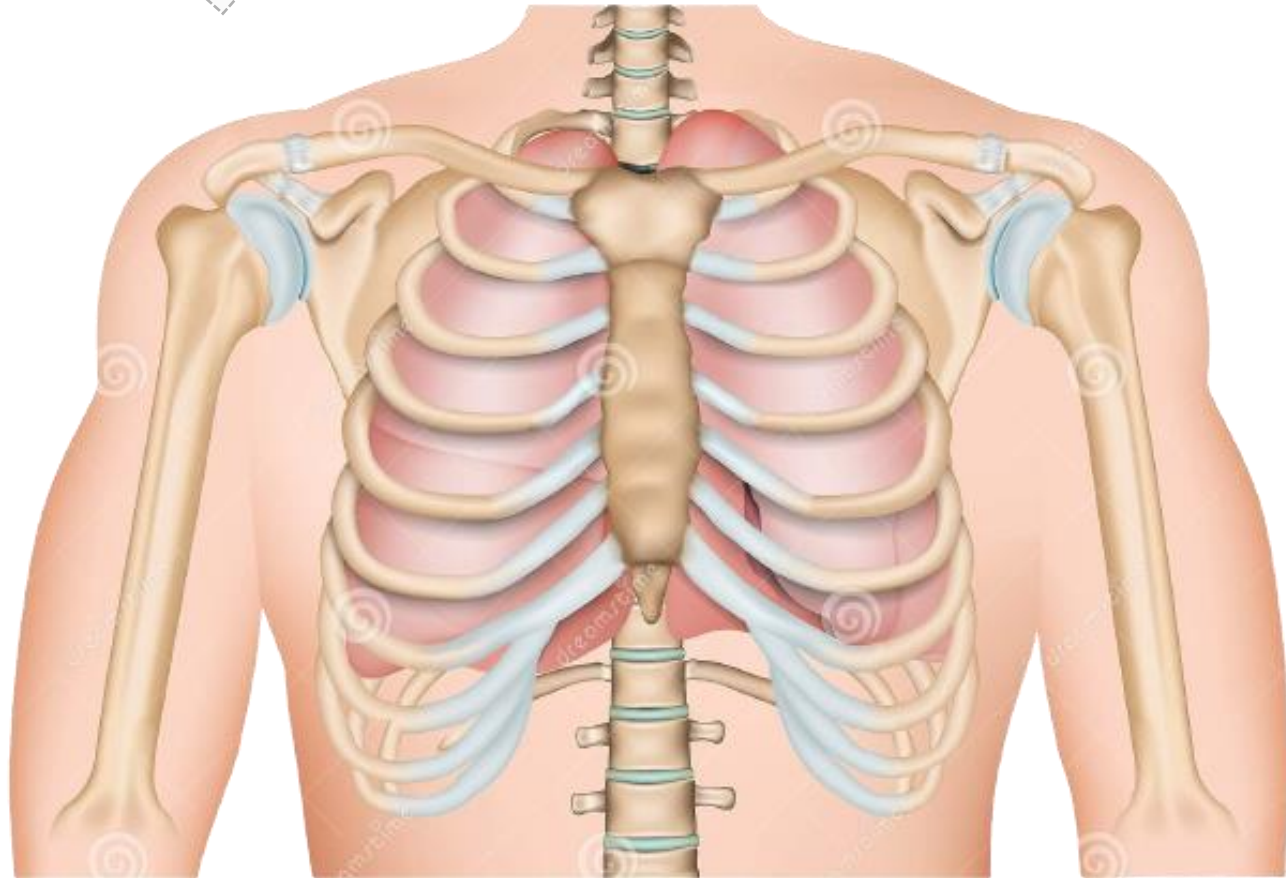
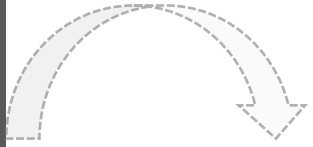
Renata Cruz
FISIOTERAPIA ESPECIALIZADA

Mecânica Respiratória



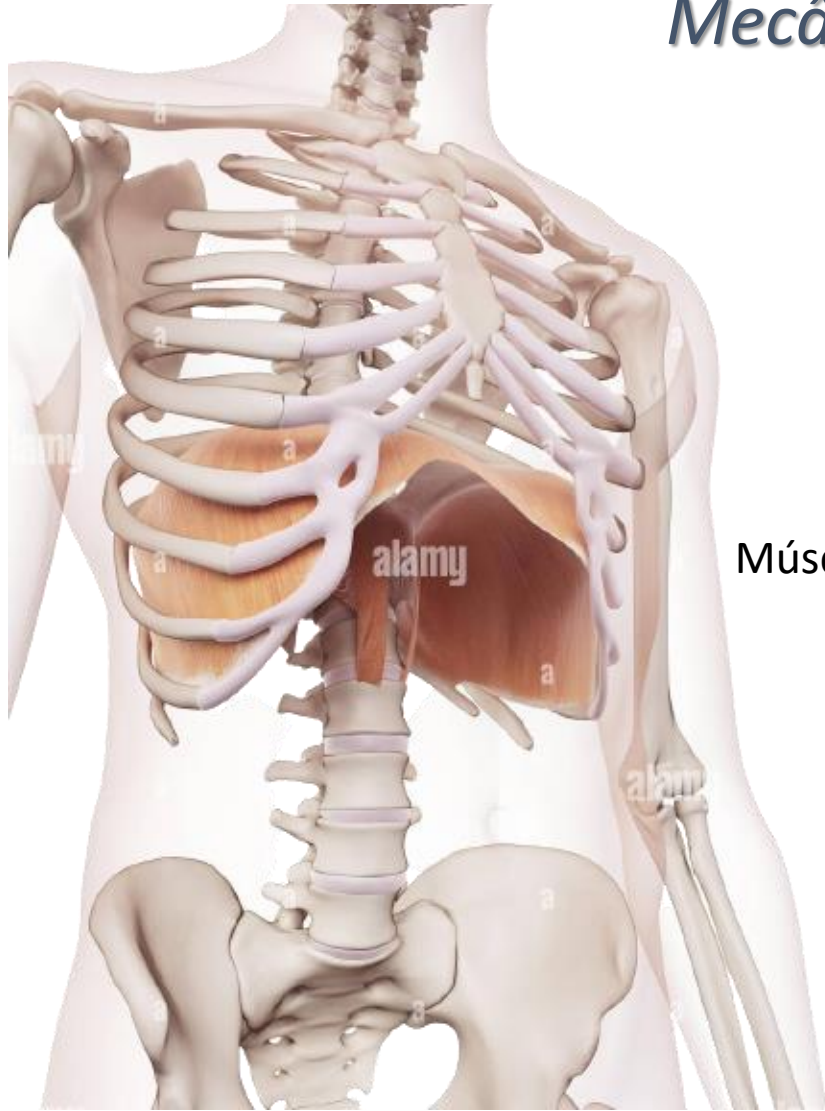
Renata Cruz
FISIOTERAPIA ESPECIALIZADA

Mecânica Respiratória

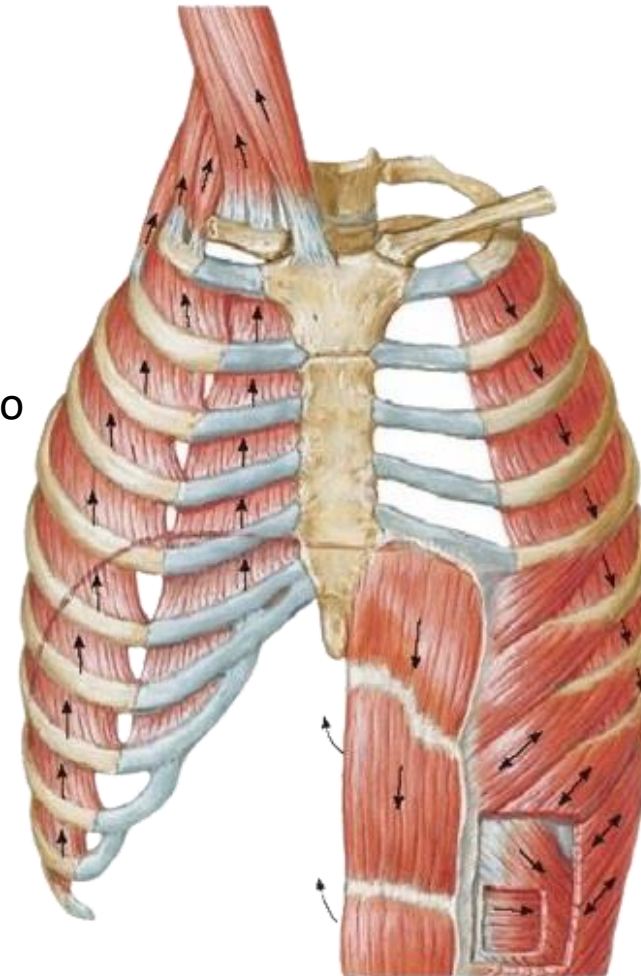


Renata Cruz
FISIOTERAPIA ESPECIALIZADA

Mecânica Respiratória



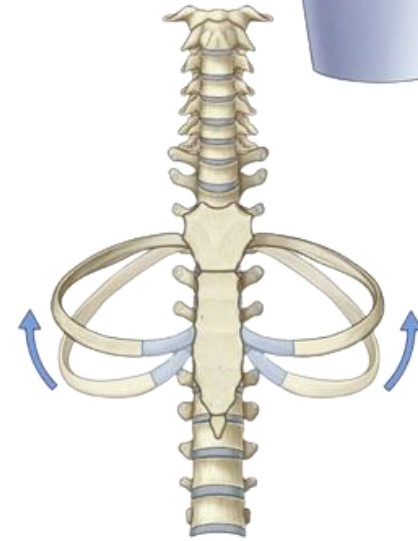
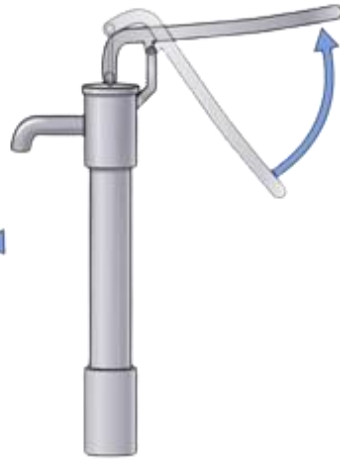
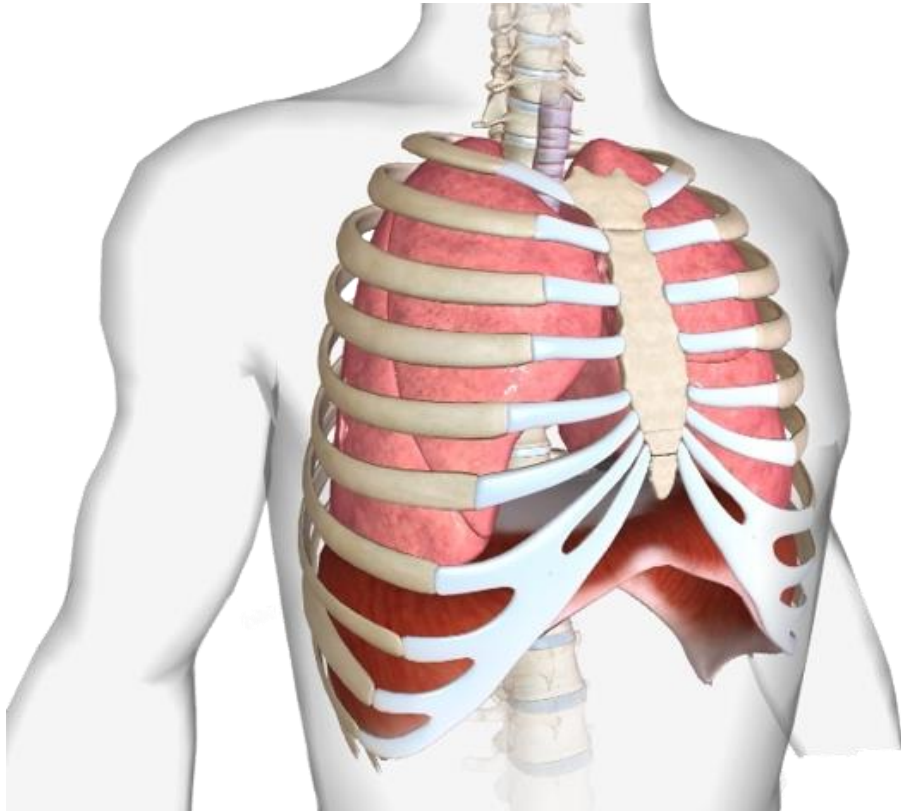
Músculos inspiração



Músculos expiração

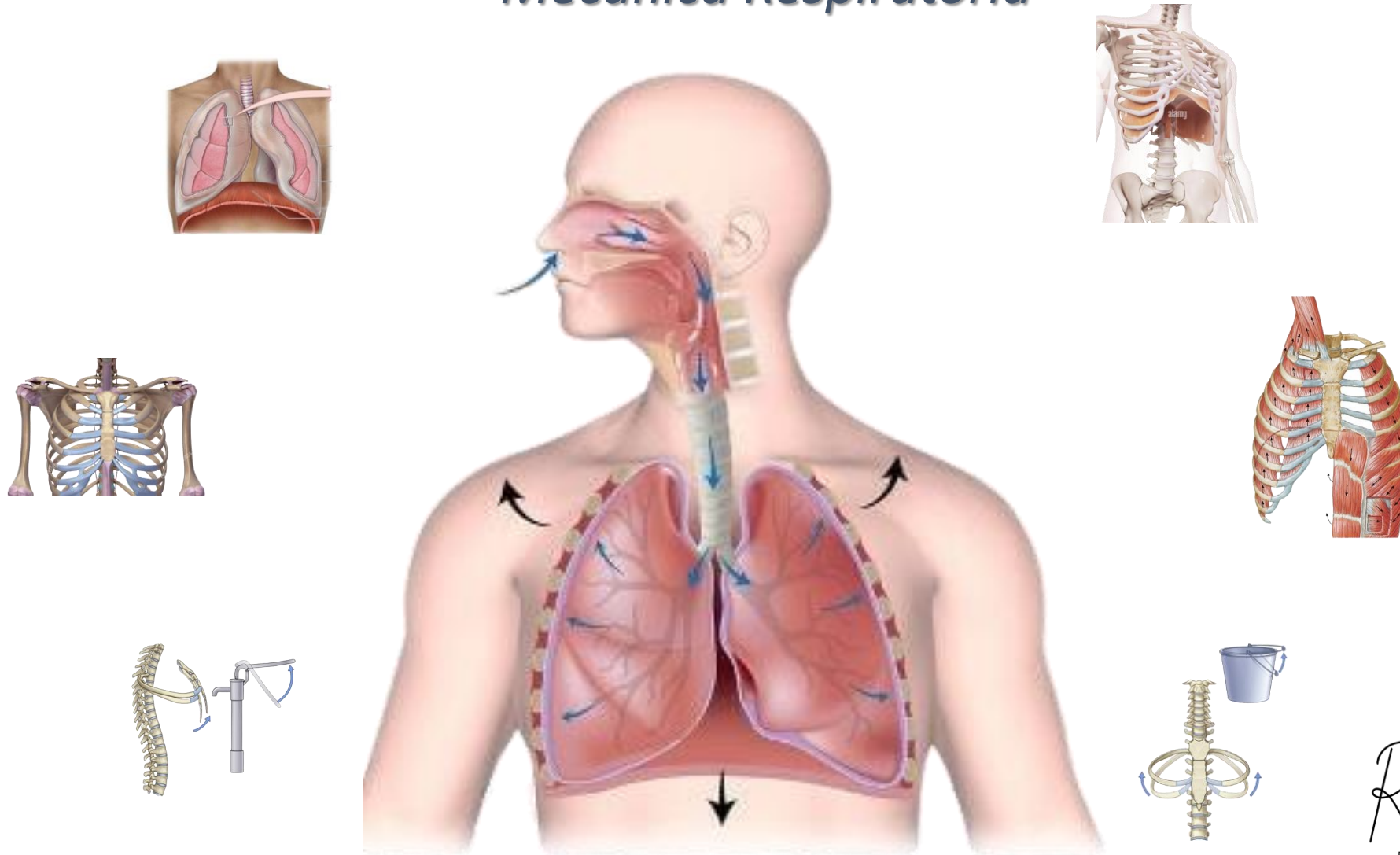
Renata Cruz
FISIOTERAPIA ESPECIALIZADA

Mecânica Respiratória



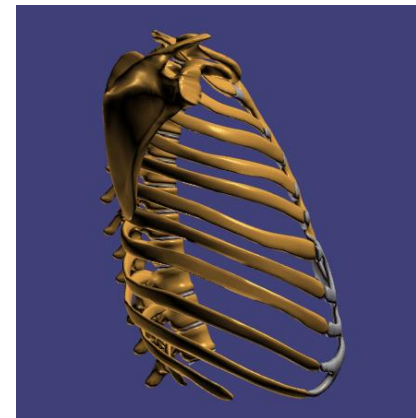
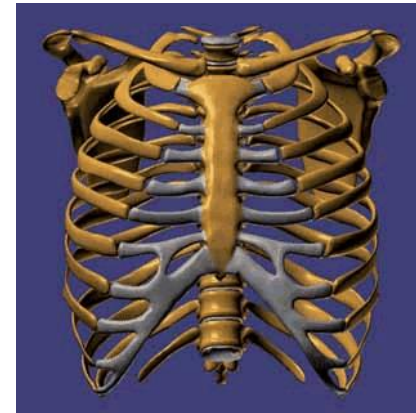
Renata Cruz
FISIOTERAPIA ESPECIALIZADA

Mecânica Respiratória



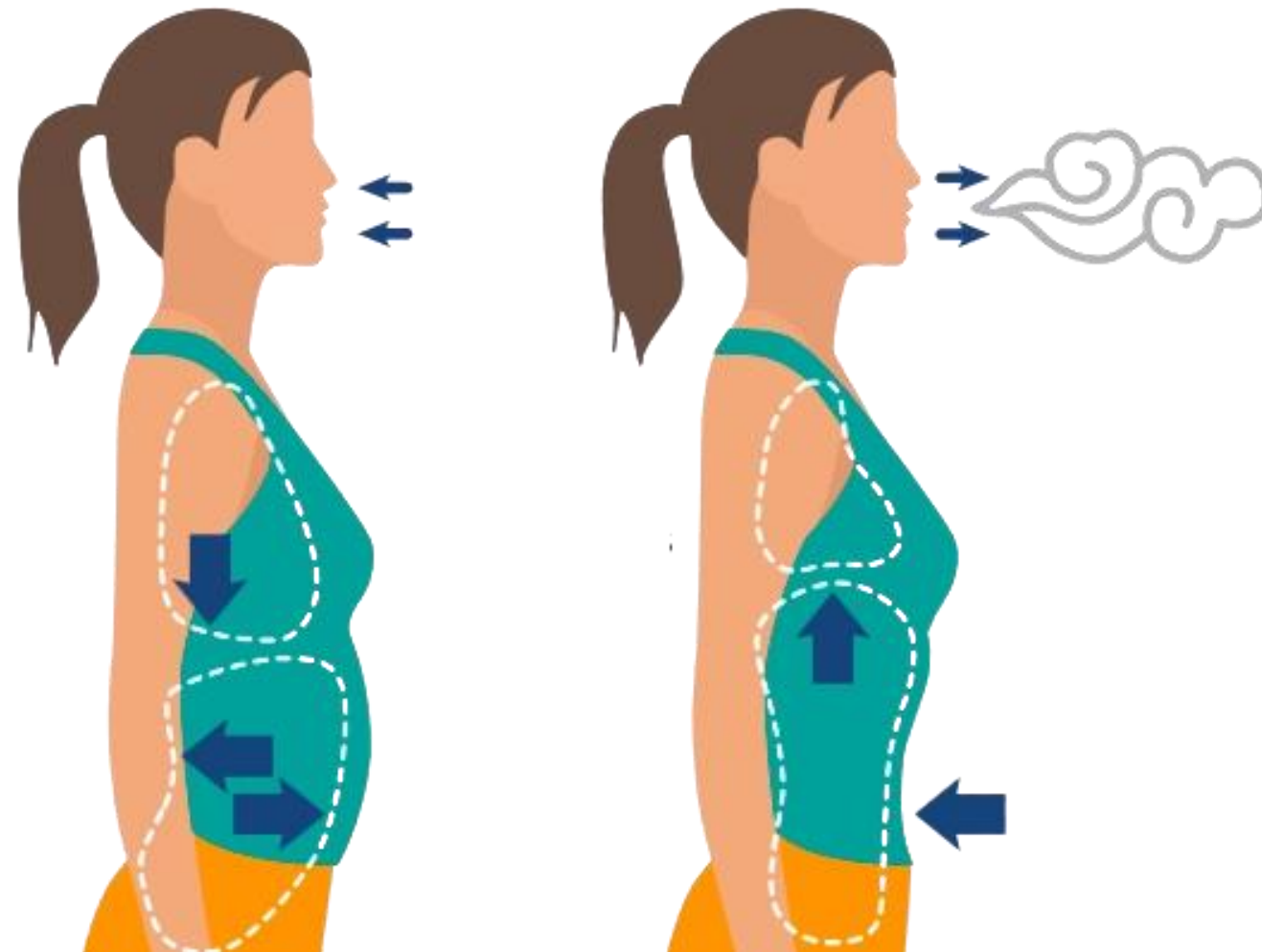
Renata Cruz
FISIOTERAPIA ESPECIALIZADA

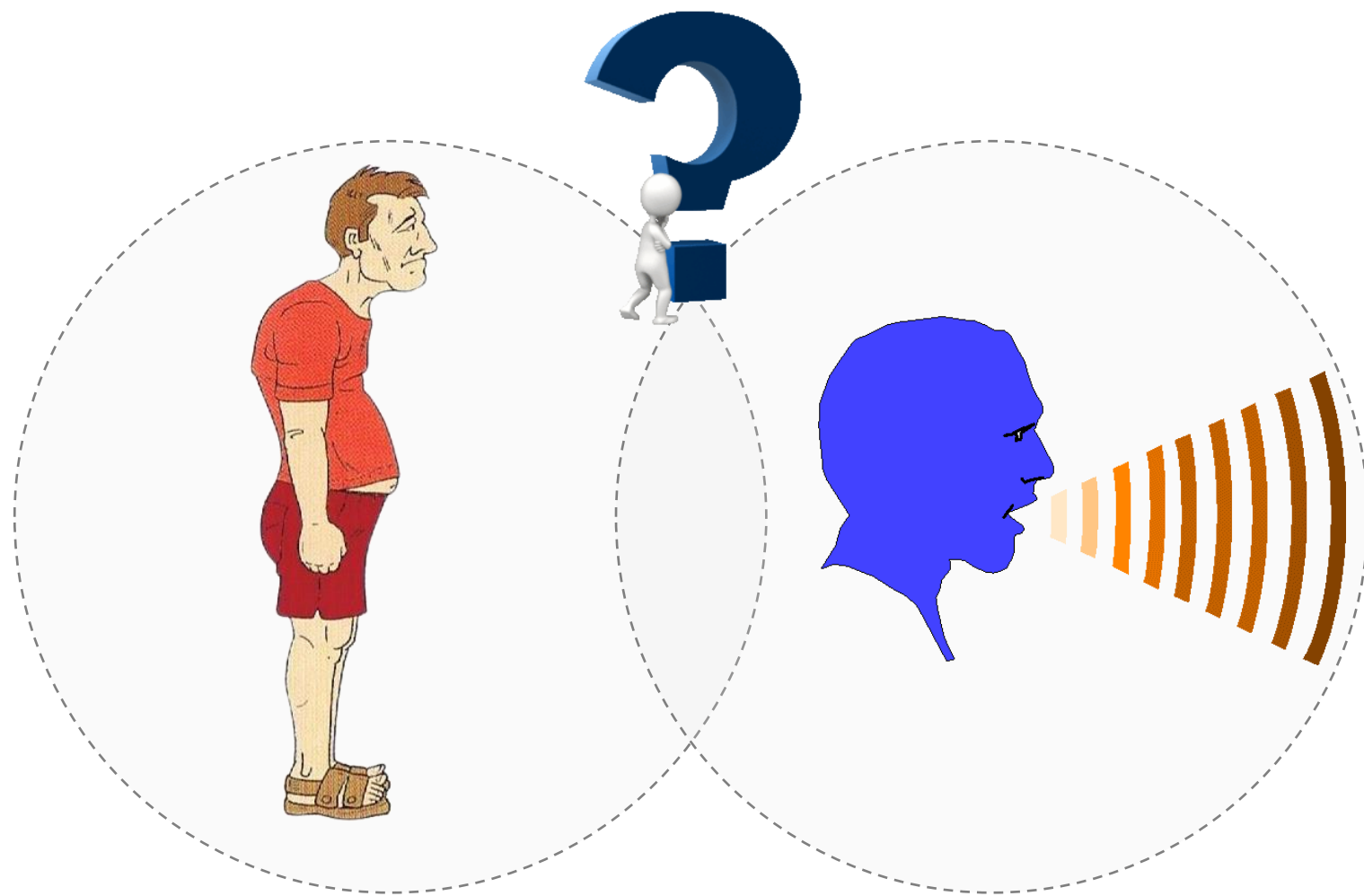
Mecânica Respiratória



Renata Cruz
FISIOTERAPIA ESPECIALIZADA

Mecânica Respiratória

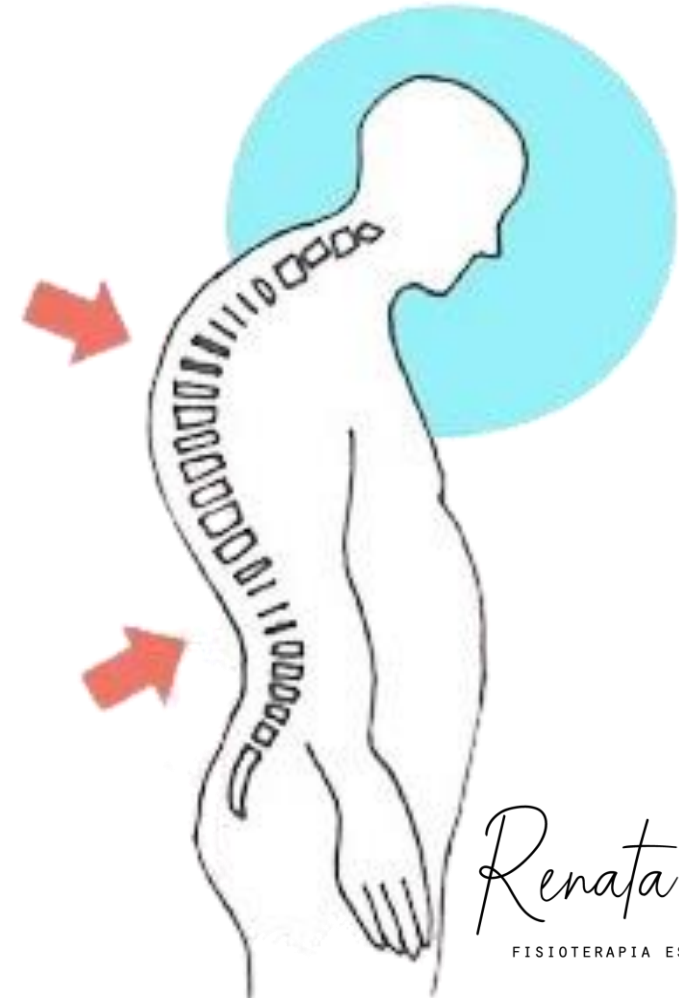
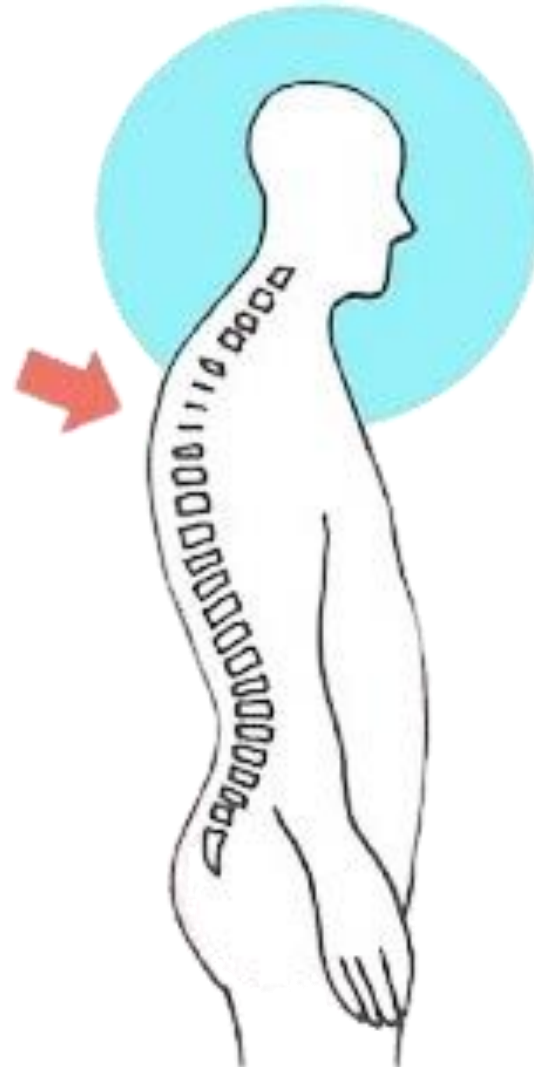
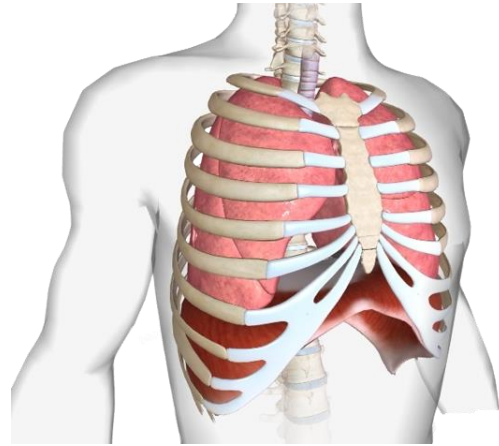




Renata Cruz

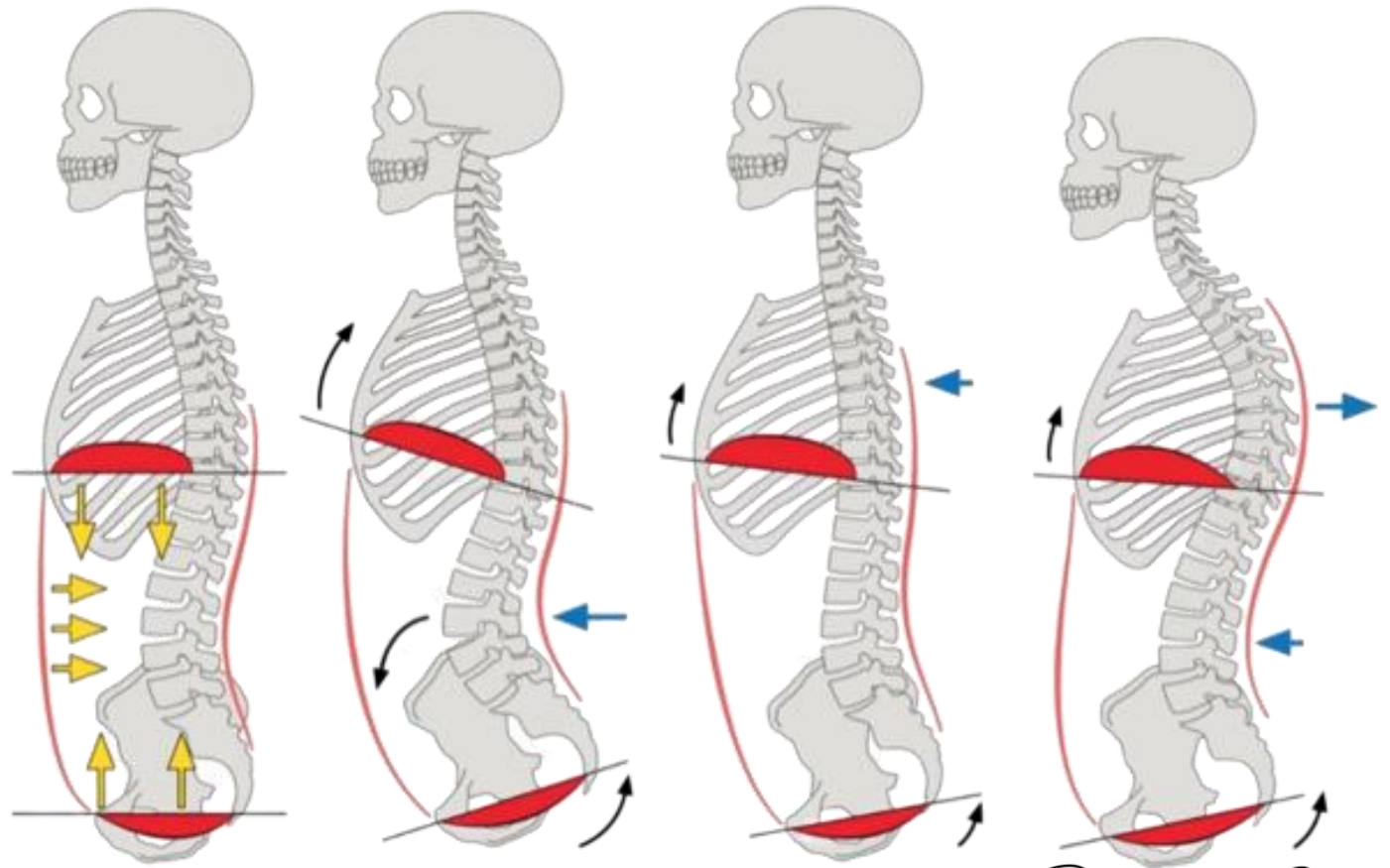
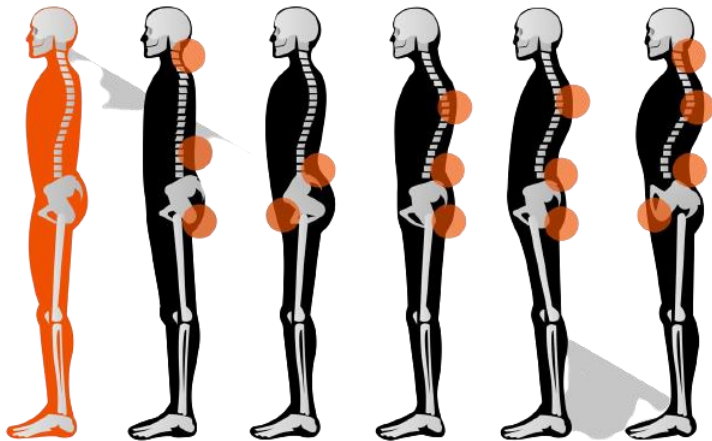
FISIOTERAPIA ESPECIALIZADA

Postura X Respiração



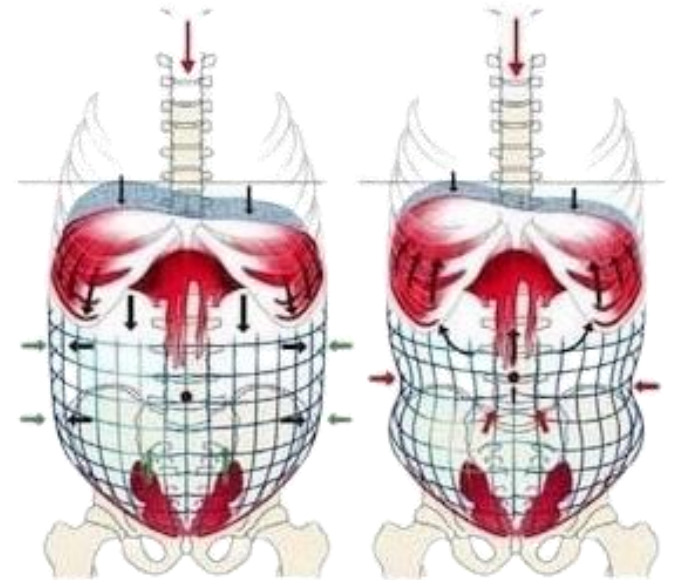
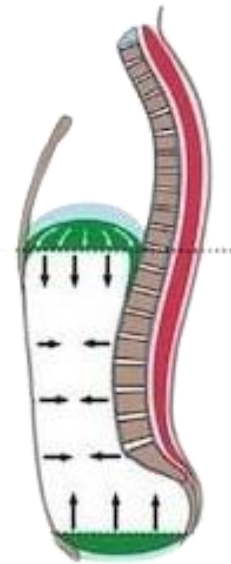
Renata Cruz
FISIOTERAPIA ESPECIALIZADA

Postura X Respiração



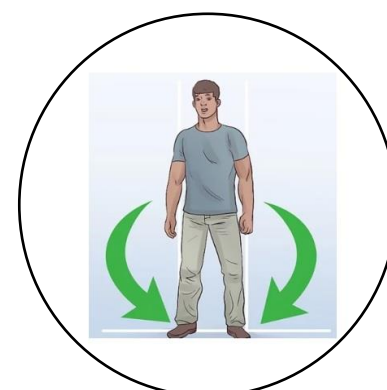
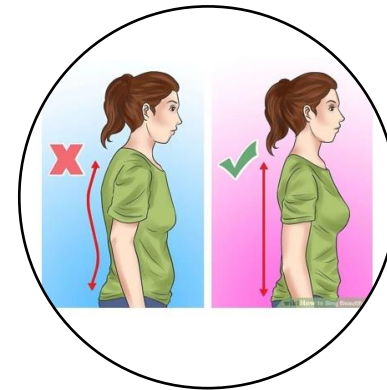
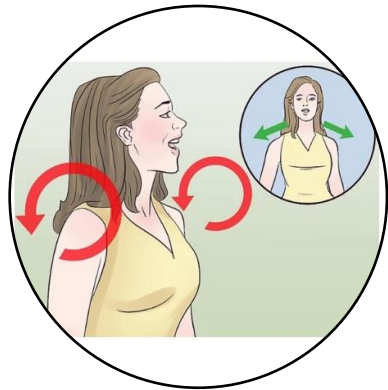
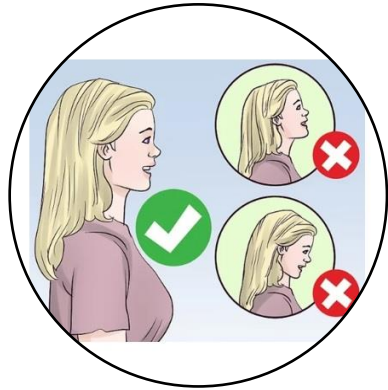
Renata Cruz
FISIOTERAPIA ESPECIALIZADA

Postura X Respiração



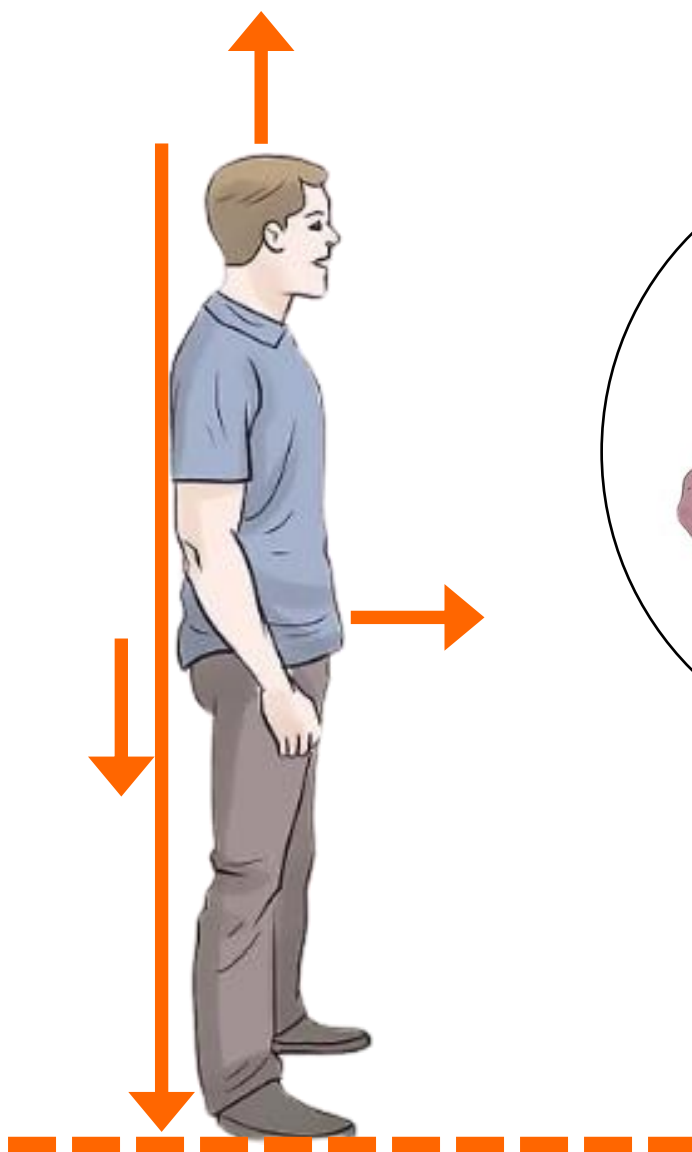
Renata Cruz
FISIOTERAPIA ESPECIALIZADA

Treino Postural



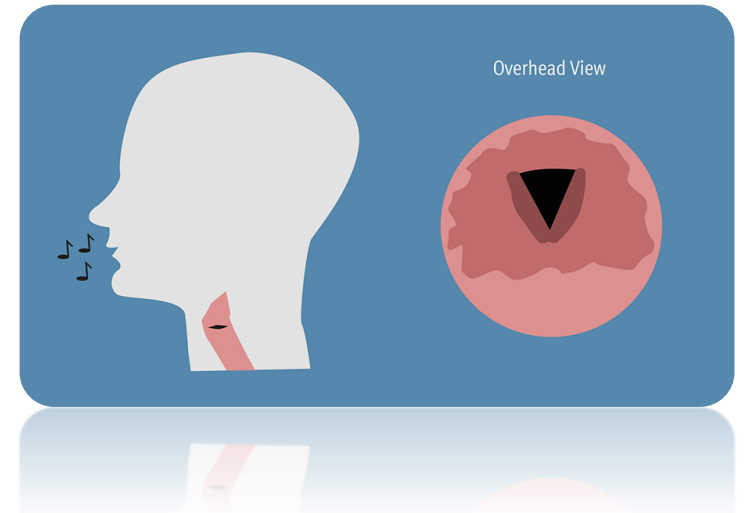
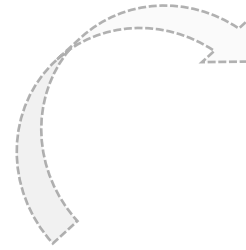
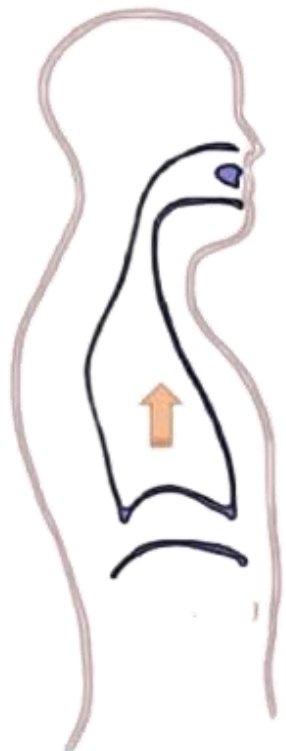
Renata Cruz
FISIOTERAPIA ESPECIALIZADA

Treino Respiratório

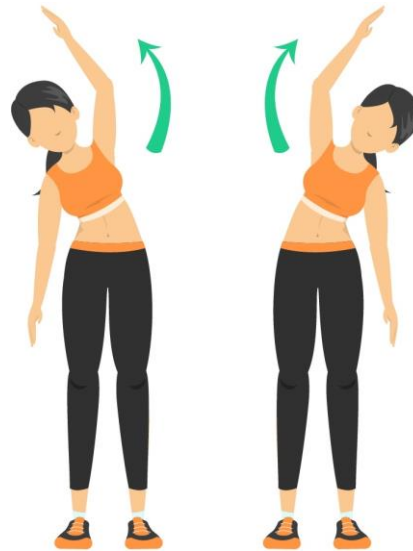
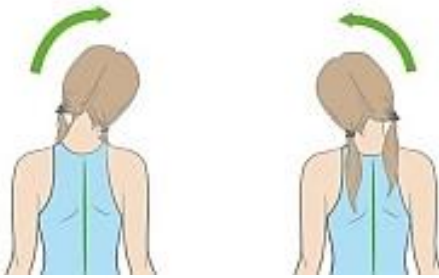
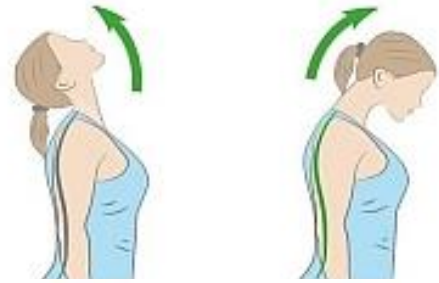


Renata Cruz
FISIOTERAPIA ESPECIALIZADA

Postura e Voz



Renata Cruz
FISIOTERAPIA ESPECIALIZADA



Renata Cruz
FISIOTERAPIA ESPECIALIZADA

Considerações Finais



A integração dos conceitos anatômicos – a fisiologia dos sistemas ajudam a compreender melhor a importância de conectar-se com seu corpo nas práticas vocais e litúrgicas;

Alterações posturais comprometem a mecânica respiratória – a oferta de ar para dentro dos pulmões – a força dos músculos de executarem suas forças e o desempenho vocal;

O treino respiratório associado ao exercício da consciência corporal é o que ajudará a fazer o melhor uso do seu corpo durante sua dedicação, física e espiritual, nas atividades litúrgicas;

Renata Cruz
FISIOTERAPIA ESPECIALIZADA



Obrigada!

Fisioterapeuta da Irmandade da Santa Casa de São Paulo – IMSCSP

@cruzrenatafisioterapia

11.985582405