
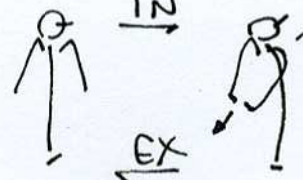
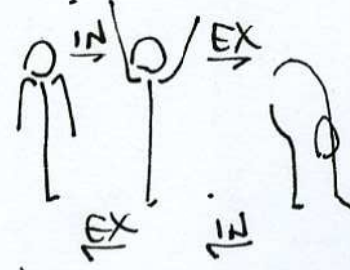
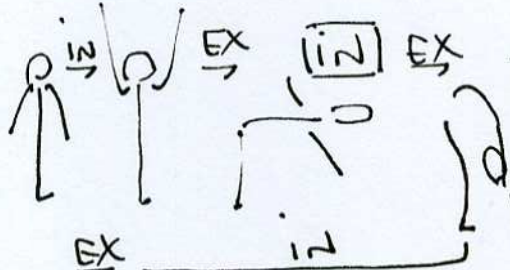

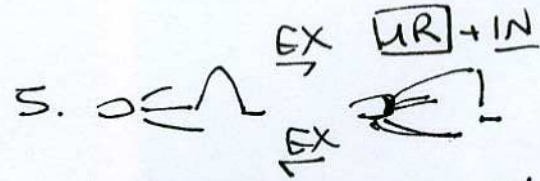


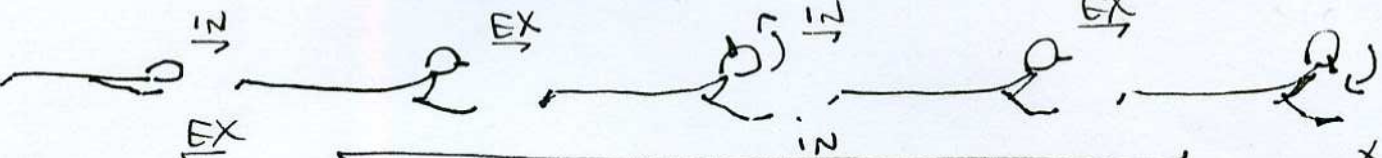
1.  - balancements art/arrière droite/gauche → verticalité
- petits mots de tête, puis rotations plus amples

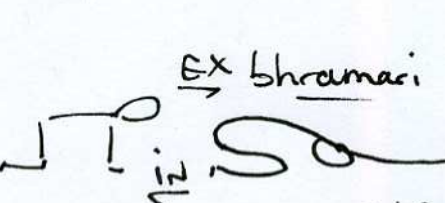
2.  petite suspension
x6 + statique

3.  $\overline{LR1}$
g/d x3


4.  $\overline{LR/SR}$
x3

 REPOS 2"
5.  $\overline{LR} + \overline{IN}$
dynamique x5 + statique (avec mains oubrique)

7.  x5/6

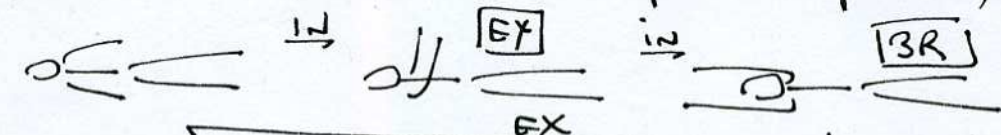
8.  \overline{EX} bhramari
x5/6

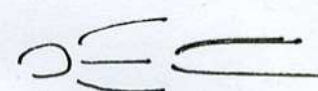
9.  $\overline{S/6R}$
USTRASANA

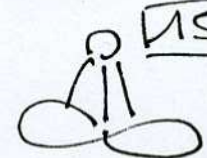
10.  $\overline{LR/SR}$
entre (a) et (b)
qqes respirations pour détendre le dos

11.  x5/6

(a) mains sur les hanches
(b) si possible, aller + loin (briques ou tabouret près des pieds)

12.  \overline{BR} (jambes tendues ou genoux pliés)

 REPOS laisser infuser

 $\overline{LR/SR}$
maintenir les suspensions sans forcer