






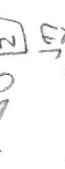











1.    
 • observer sa respiration  
 • ancrer ses pieds dans le sol




2.    
   
   
   
 x3

enrouler/dérouler progressivement vertèbre ap. vertèbre sur plusieurs respirations



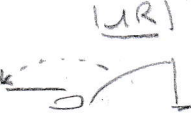
3.    
   
   
 (g+d) x3



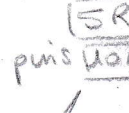
4.    
   
   
   
 x6/7




5.    
   
   
   
   
   
   
   
 (côté facile) (g+d) x4





6.    
   
   
 x6/7




REPOS




7.    
   
   
 x5 + statique

8.    
   
   
 (g+d) x2

9.    
   
   
 x6/7

10.    
   
   
   
 x6/7

11.    
   
   
 (g+d) x2

12.    
   
   
 x3

REPOS



tps de pause ap l'IN & l'EXP

PRANAYAMA