
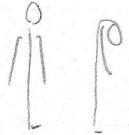
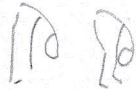

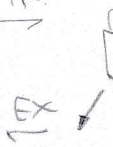





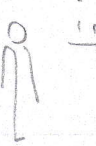
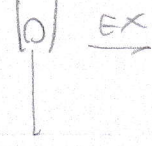
1.  laisser la respirato s'installer

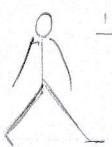





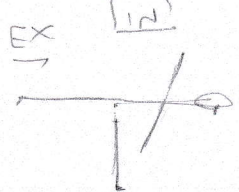

2.  3R  x 3

3.  RPI  x 6 + statique

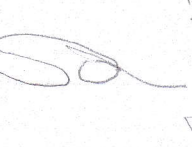
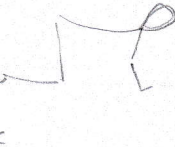
4.  8R  puis  pied en demi-lotus (g+d) x 13

enrouler / dérouler progressivement vertèbre ap. vertèbre s) plusieurs respirato



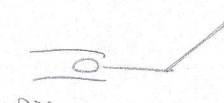

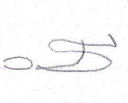
5.  10  x 3

6.        12  (g+d) x 4

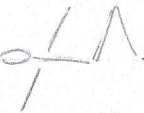
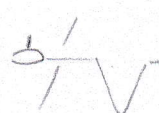
paumes sol    paumes ciel    côté "facile"

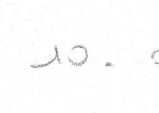
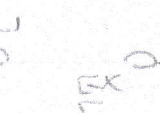
7.   x 6



REPOS

8.     10R (g+d) +  rotato bassin





pas s/ le côté


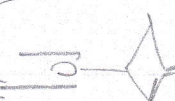

9.   (g+d)

10.   x 6

11.   5R RP TRV (g+d)

matsyendrasana

12.    12R  in

13.   REPOS +  pratiloma pranayama

EX in gauche  
EX in 2naies  
EX in droite  
EX in 2naies