
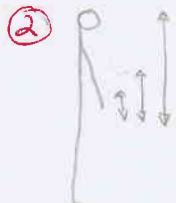

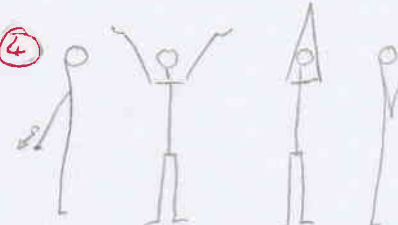


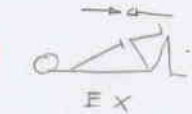








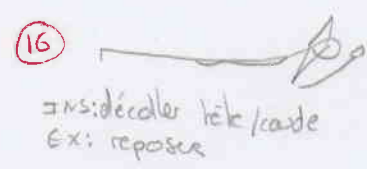
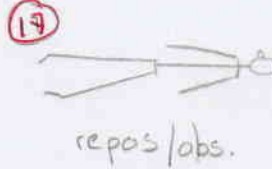
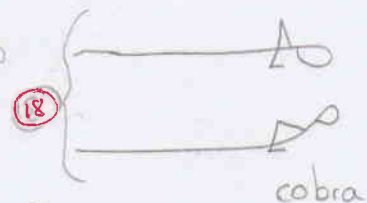

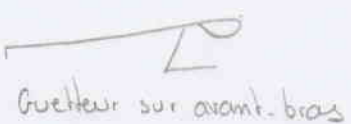



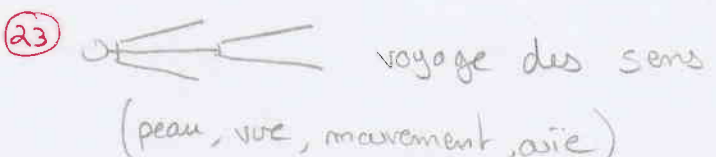


Séance 2

- ①  écoute de la respiration
- ②  mvt's bas et respiration.
- ③  hochet tibétain
- ④  enchaînement de la séance 1
- ⑤  INS et EX par les narines (observer le souffle)
- ⑥ 
 - INS
 - EX
 - INS
 - EX
- ⑦ 
 - EX: résistance entre mains et genoux; le ventre se resserre
 - INS: changer de jambe
- ⑧  Torsion
- ⑨  décoler/repos amplexés
- ⑩ 
- ⑪  aller-retour
- ⑫  roulade
- ⑬  équilibre
- ⑭  sur le ventre repos/observation
- ⑮ 
- ⑯ 
 - INS: décoller tête/cade
 - EX: repose
- ⑰  repos/obs.
- ⑱  cobra
- ⑲ 
- ⑳  Guetteur sur avant-bras
- ㉑  repos/obs.
- ㉒  chien tête en bas sur avant-bras
- ㉓ 
 - balle d'énergie
- ㉔ 
 - voyage des sens (peau, vue, mouvement, air)