
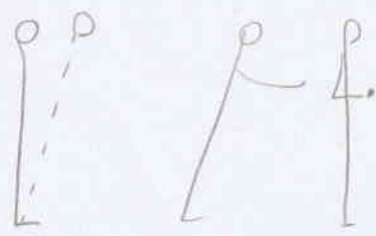


Séance 15

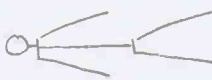
①  massage des pieds avec 1 balle

②  Argas des pieds
 INS: soulever gros orteils et côté intérieur du pied.
 Ex: soulever petits orteils et côté extérieur du pied


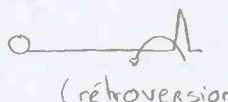
③  avec les bras et saffle
 bascule INS EX

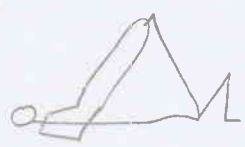
④  mouvement de rotation main/coude/épaule

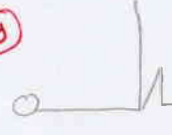
⑤  L'arbre

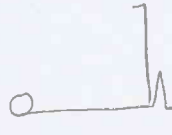
⑥ Savāsana




- raler la tête
- relâcher le visage
- obs. l'INS et l'EX (la "mélodie du saffle": silence, rythme)

⑦  INS (antéversion)
 EX (rétroversion)


⑧  éirement avec sangle

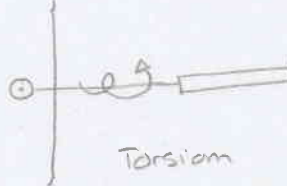
⑨  INS

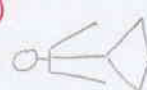
 EX

 INS  EX

⑩ 

⑪ 


⑫  Torsion

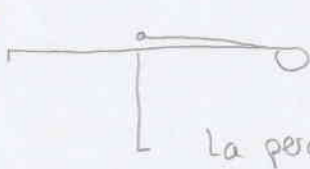
⑬ 

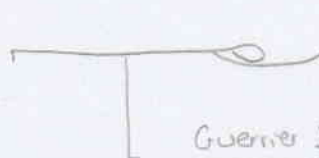
 Demi-pomp


⑭ 

⑮ 

⑯ 

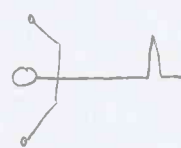
⑰  La perche


⑱  Guerrier 3


⑲ 

⑳  Le Danseur

㉑ 

㉒  INS doucement
 • appuyer bras, mains et tête sur le sol
 (+) suspension poignets pleins

 EX doucement
 • ramener les mains sur le ventre
 (+) suspension poignets vides

㉓  Lecture d'un extrait "le sens du bonheur" de Krishnamurti