





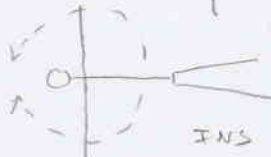
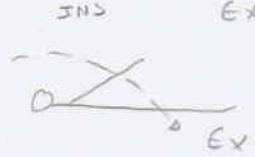
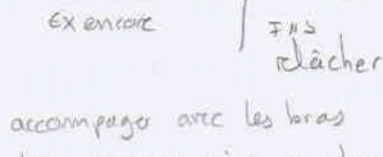
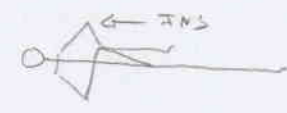

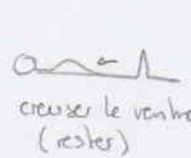





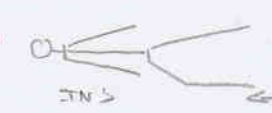

# Séance 26



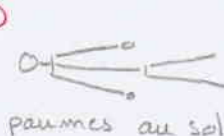


- ①  ② EXPIR prolongé     
- ③ respirations complètes   



accompagner avec les bras les poitrains qui se remplissent et se vident
- ④ INSPIR prolongé






  - amener le genou vers la poitrine en écartant les coudes
  - INS profond en gonflant la poitrine
  - EX doucement en relâchant J et B
- ⑤ "Fausse inspiration"



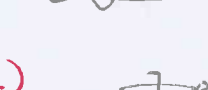








- ⑥ Savasana 



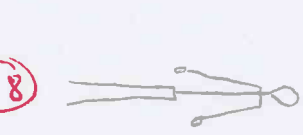
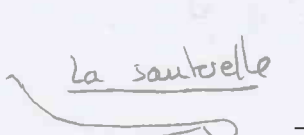







  - dès les mouvements de la cage thoracique,
  - les poitrains se remplissent et se vident,
  - sans forcer le souffle, laisser faire le corps
- ⑦  


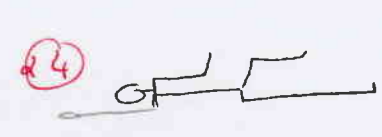
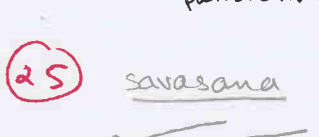
 
- ⑧   



paumes au sol
- ⑨  

3 allers-retours et rester ensuite dans la posture
- ⑩    

  - éviter la nuque (menton vers la gorge)
  - cambrer pour venir appuyer la pointe du sacrum sur le sol.
- ⑪  
- ⑫  
- ⑬ 
- ⑭  L'orchre
- ⑮ Le poisson échoué 

chercher l'abandon du corps.
- ⑯   Le petit sphinx
- ⑰  La sauteuse  
- ⑱  débente sur le ventre
- ⑲     

paumes vides
- ⑳   

⑳ savasana
- ㉓  respirations "allongées"
- ㉔ 
- ㉕ 