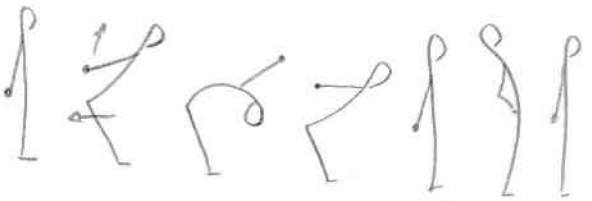
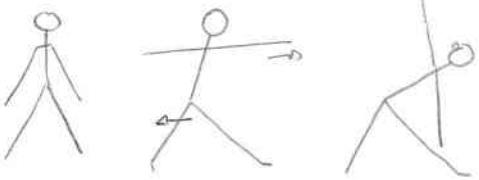
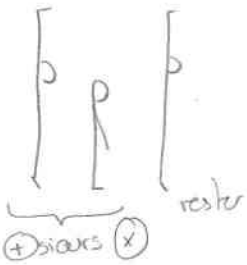
Séance 25

① s'étirer

② 

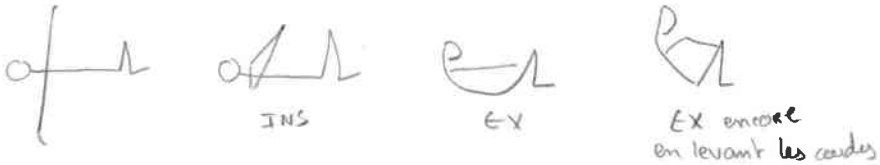
③ idem avec écart des jambes

④ 

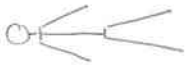
⑤ 

⑥

⑦ Expir prolongé ou "forcé"

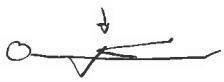


⑧ sanasanâ



⑨ 3 respirations complètes

⑩

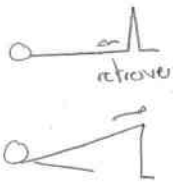


Tenir la jambe

⑪ Torsions

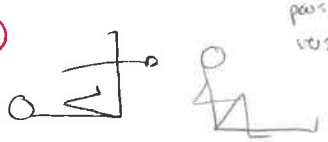
⑫ Table à 4 pieds

⑬ Table à 2 pieds



⑭

⇒ rester + sieurs respirations ⑮ et recommencer



⑯

- rentrer le menton dans la gorge
- rouler la tête tout en l'inclinant

⑰

idem sur le côté

(avancé)

Ex et suspension à vide

revenir sur l'INS

⑱ Demi-pont

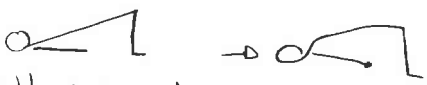
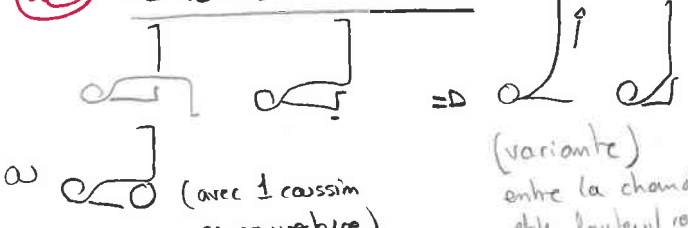


table à 2 pieds

⑲ Demi-pont avec jambe levée

⑳ Le Fauteuil renversé



㉑

détente, rouler la tête

㉒

- suivre 1 son, observer s'il est continu, bref, répétitif, etc sans donner de valeur affective au son
- En choisir 1 autre, etc...