

TADASANA



URDHA DHA



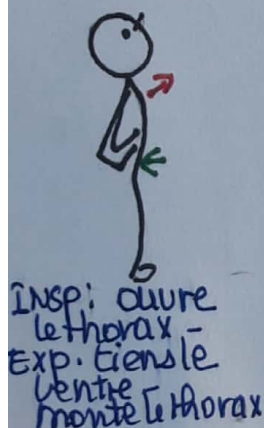
INS / pointe
des pieds



IN - LEVE les bras
EX - tiens le ventre
IN - étire l'arc G/
relais
de l'autre côté



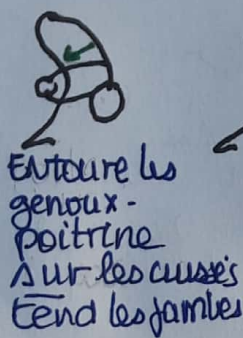
Ventre tenu,
thorax leve
ouverture du
♥



INSPI: ouvre
le thorax -
Exp: tiens le
ventre
monte le thorax



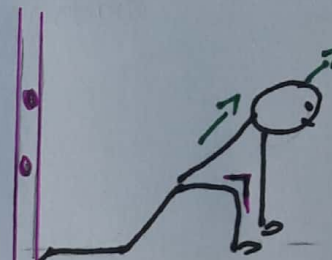
Exp: plie
les genoux
mains à
plat au sol



Entoure les
genoux -
poitrine
sur les cuisses
tend les jambes



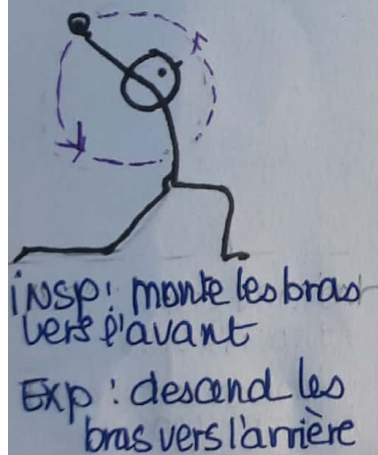
INSPI
dos droit



INSPI OUVRE
le thorax
Exp: tiens le ventre
rentre - monte
le thorax.



INSPI OUVRE
le thorax
Exp: tiens le ventre
rentre - monte
le thorax.



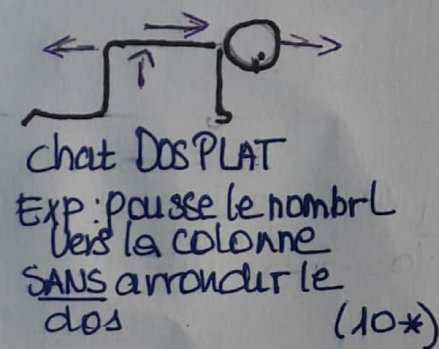
INSPI: monte les bras
vers l'avant
Exp: descend les
bras vers l'arrière



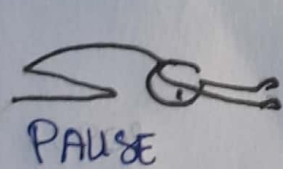
INSPI: ouvre le ♥
Exp: tire les bras vers
le sol
INSPI: ouvre le ♥



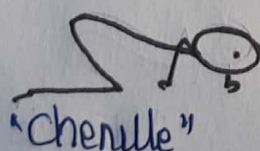
EXP: approche
le buste de
la jambe
tendue
RESPIRE



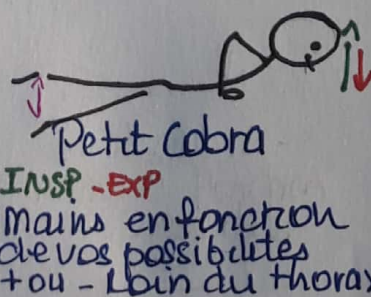
chat DOS PLAT
Exp: pousse le nombril
vers la colonne
SANS arrondir le
dos (10*)



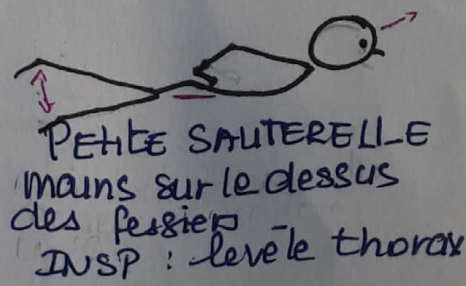
PAUSE



"Chenille"

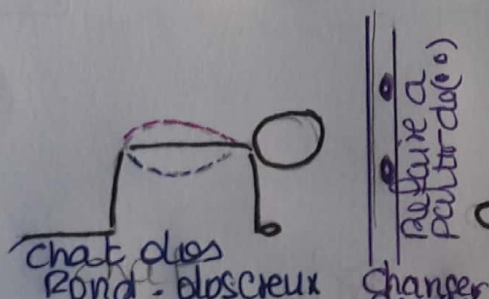
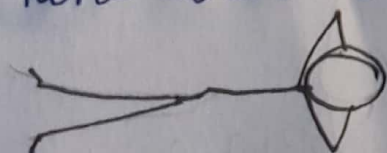


Petit Cobra
INSPI-EXP
mains en fonction
de vos possibilités
+ ou - loin du thorax



PETITE SAUTERELLE
mains sur le dessus
des fessiers
INSPI: leve le thorax

REPOS du crocodile



chat dos
Rond - blocreux
changer

