

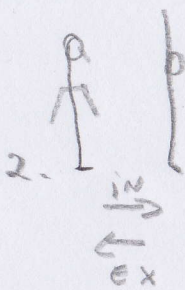
# Ouverture du cœur Posture du héros

1.



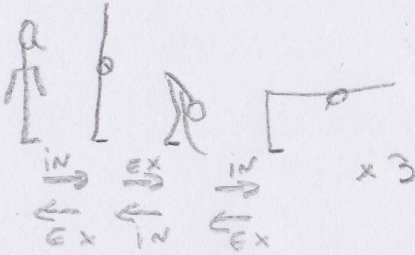
Observation

2.



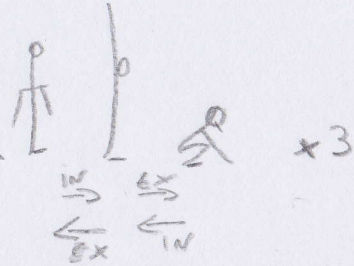
x4

3.



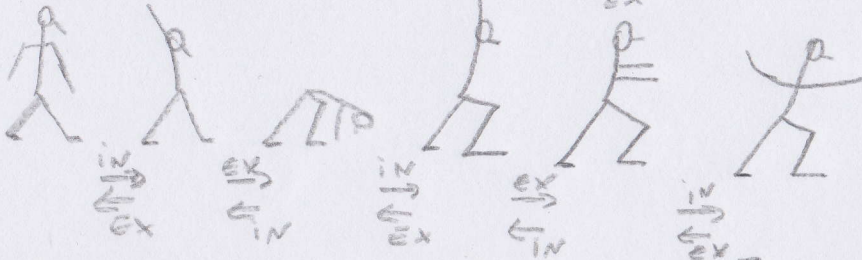
x3

4.



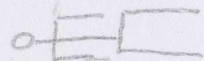
x3

5.

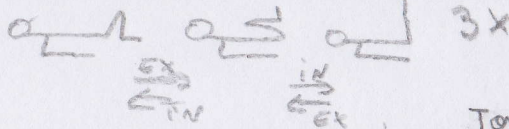


4x  
de chaque  
côté

6.

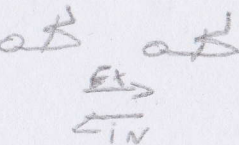


7.

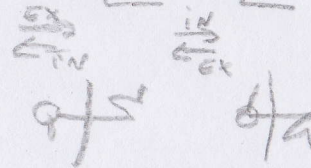


3x

8.

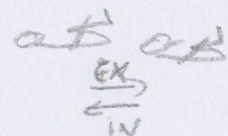


9.

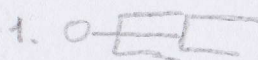


Torsion de  
chaque côté  
4x puis  
reste 4 resp.

10.



11.



12.



x4

Pratiloma ujjayi :

Insp 2 narines

Exp + insp gauche

Exp+ insp 2 narines

Exp + insp droite

Exp 2 narines