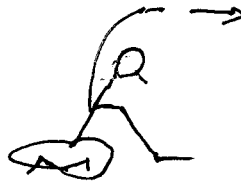


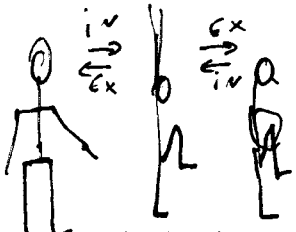
Travail sur l'ouverture et l'étirement



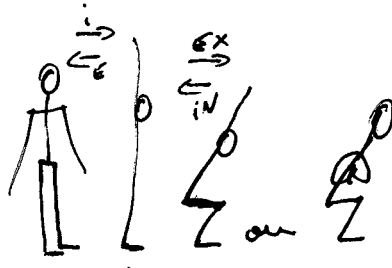
1. Accueil



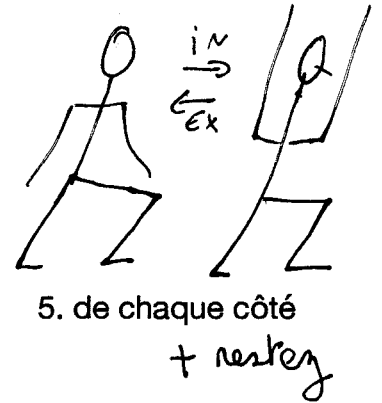
2. d'un côté et de l'autre



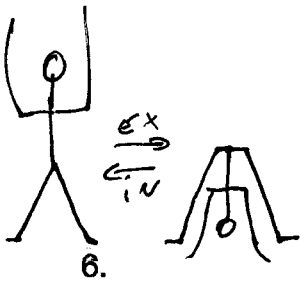
3. de chaque côté



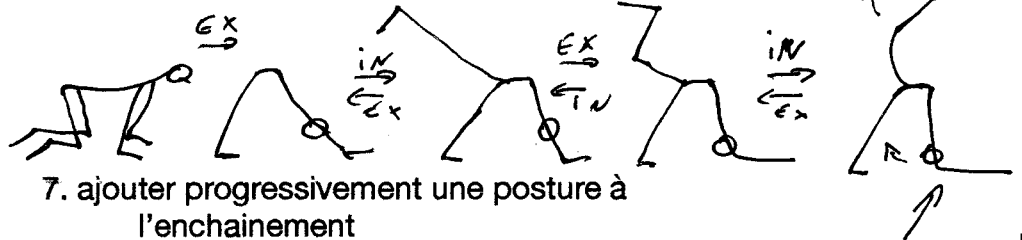
4.



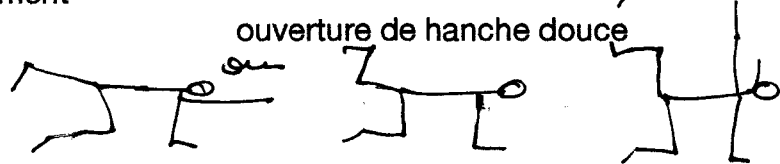
5. de chaque côté + restez



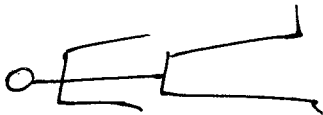
6.



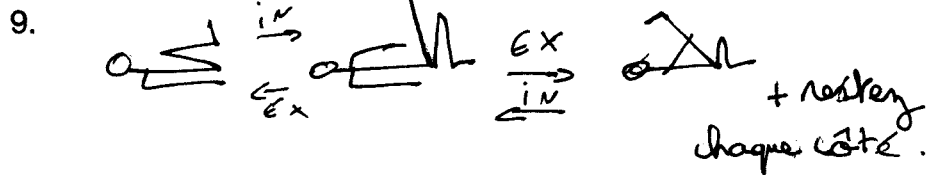
7. ajouter progressivement une posture à l'enchaînement



ouverture de hanche douce

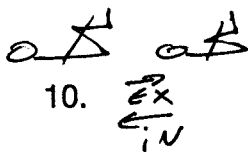


8. accueil

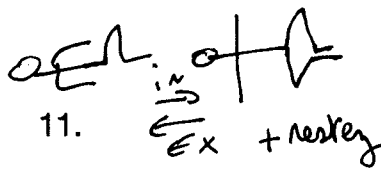


9.

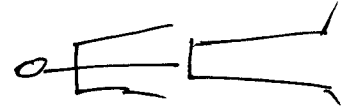
+ restez chaque côté.



10. $\frac{EX}{IN}$



11. $\frac{EX}{IN}$ + restez



12. énergie du printemps



12. prailoma ujjayi (rythme carré)
 expiration et inspiration à gauche ; expiration et inspiration au centre ; expiration et inspiration à droite ; expiration et inspiration au centre