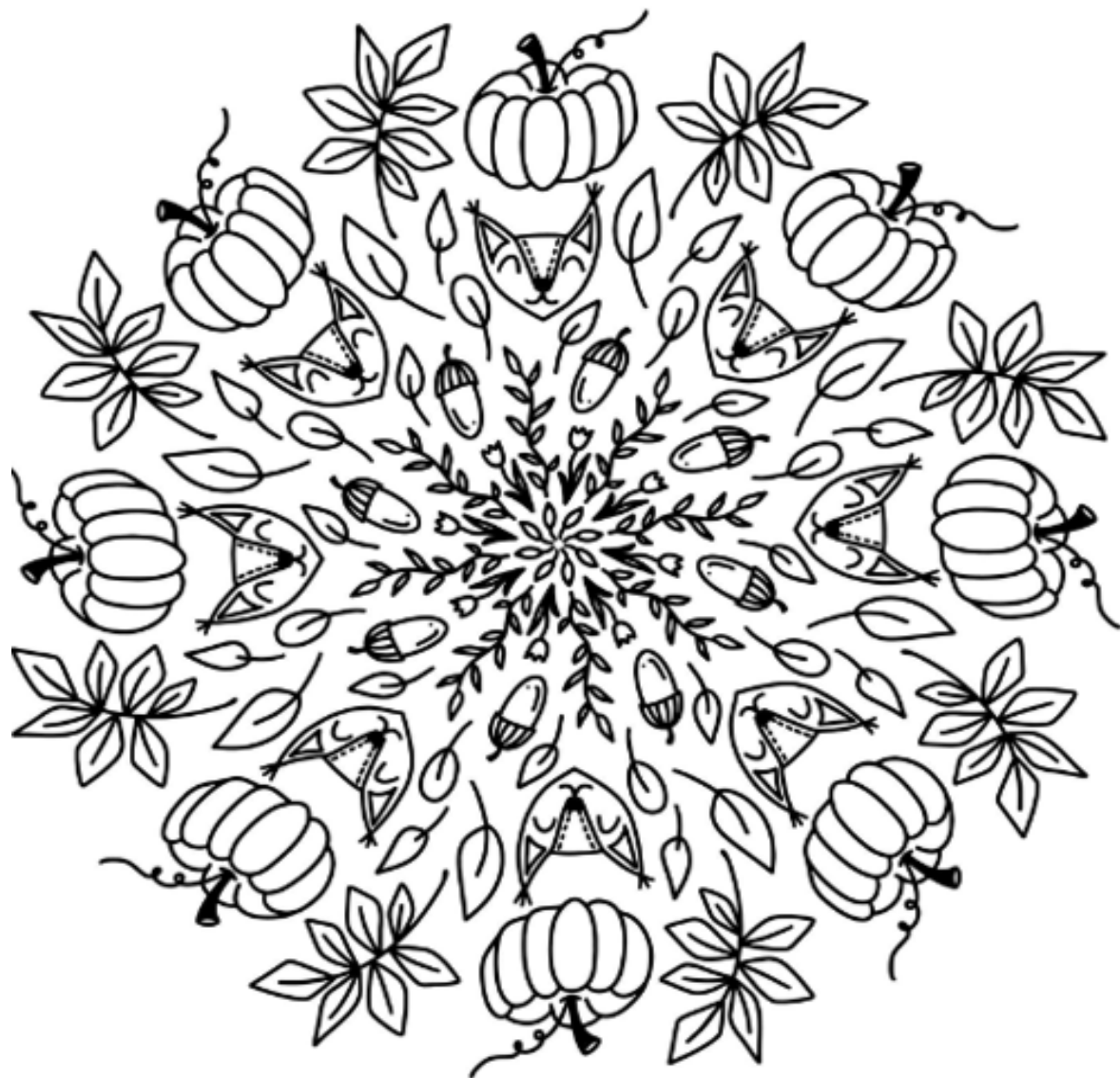


Séance d'automne

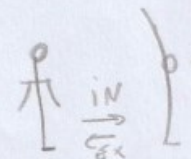
<http:milyoga.com>



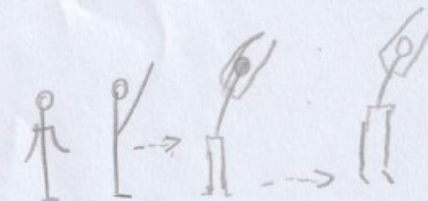
Séance octobre : ujjayi, mouvement dans le souffle, instant présent, ancrage



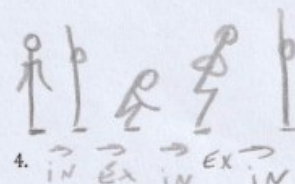
1. prise de conscience
Souffle, corps, énergie, mental



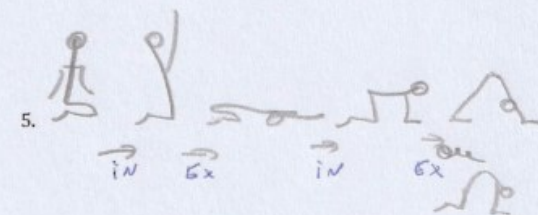
2. Pandiculation
Étirement, bâillements



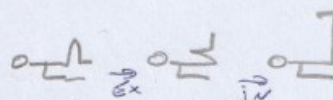
3. Étirement latéral pieds à plat puis sur la
pointe des pieds *de chaque côté*



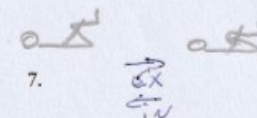
4. *IN EX IN EX IN*



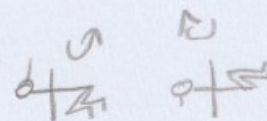
5. *IN EX IN EX*



6. dynamique puis statique

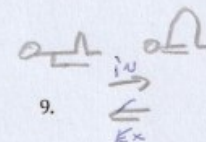


7. *IN EX IN*

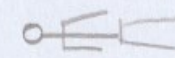


8. Torsion douce

on se pose à l'EX



9. *IN EX IN*



10. Relaxation