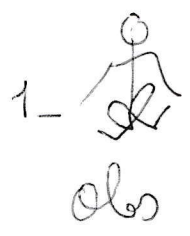
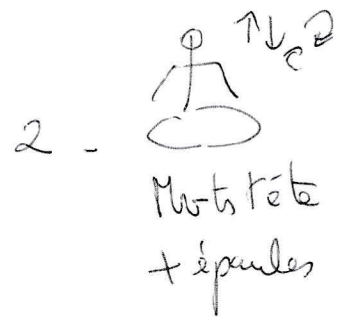


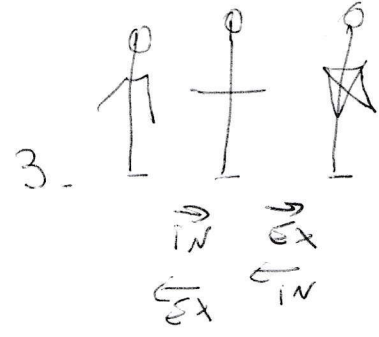
- fluidité
- Mouvement dans le souffle



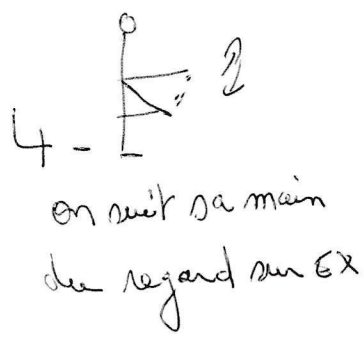
obs



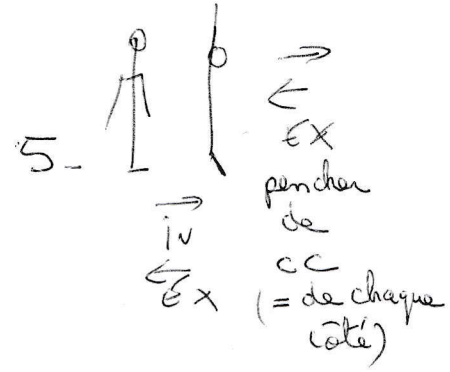
Mouvt tête + épaules



$\begin{matrix} \rightarrow & \rightarrow \\ \leftarrow & \leftarrow \\ \text{EX} & \text{IN} \end{matrix}$



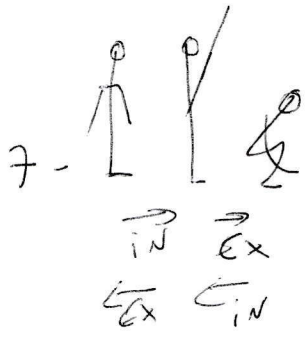
on suit sa main du regard sur EX



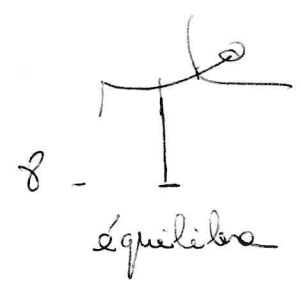
$\begin{matrix} \rightarrow \\ \leftarrow \\ \text{EX} \end{matrix}$   
pencher de CC (= de chaque côté)



$\begin{matrix} \rightarrow & \rightarrow & \rightarrow \\ \leftarrow & \leftarrow & \leftarrow \\ \text{EX} & \text{IN} & \text{EX} \end{matrix}$   
de CC



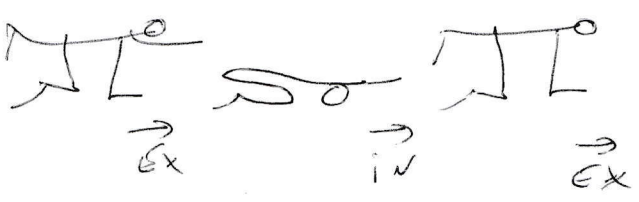
$\begin{matrix} \rightarrow & \rightarrow \\ \leftarrow & \leftarrow \\ \text{EX} & \text{IN} \end{matrix}$



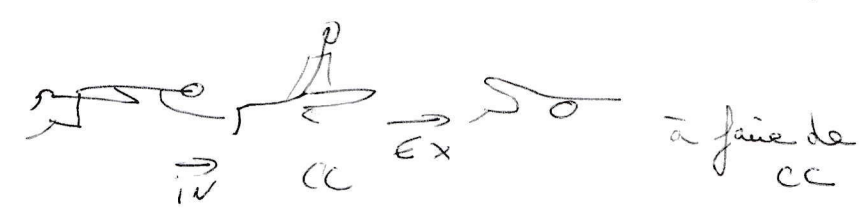
équilibre



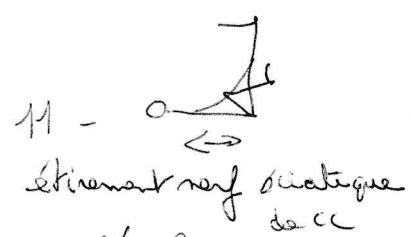
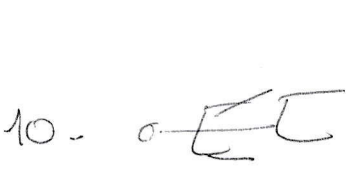
$\begin{matrix} \rightarrow & \rightarrow & \rightarrow & \rightarrow \\ \leftarrow & \leftarrow & \leftarrow & \leftarrow \\ \text{EX} & \text{IN} & \text{EX} & \text{IN} \end{matrix}$



$\begin{matrix} \rightarrow & \rightarrow & \rightarrow \\ \leftarrow & \leftarrow & \leftarrow \\ \text{EX} & \text{IN} & \text{EX} \end{matrix}$



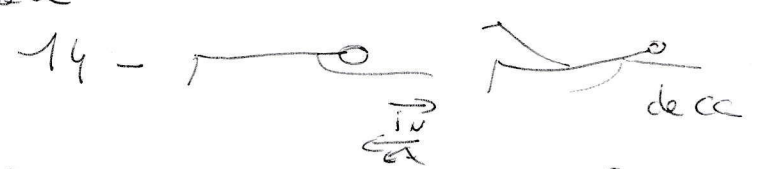
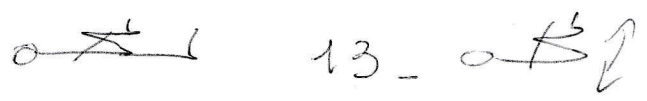
$\begin{matrix} \rightarrow & \rightarrow & \rightarrow & \rightarrow \\ \leftarrow & \leftarrow & \leftarrow & \leftarrow \\ \text{IN} & \text{CC} & \text{EX} & \text{CC} \end{matrix}$   
à faire de CC



étirement nerf optique de CC



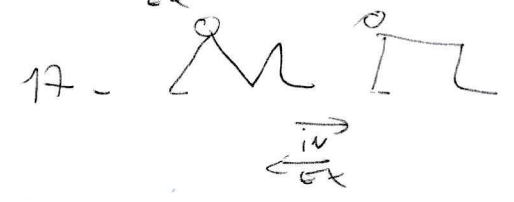
Statique de CC



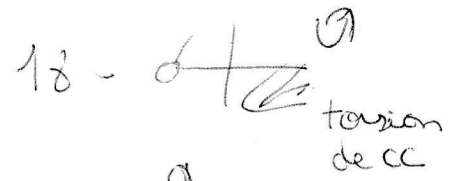
de CC



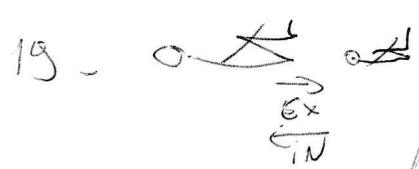
Statique de CC



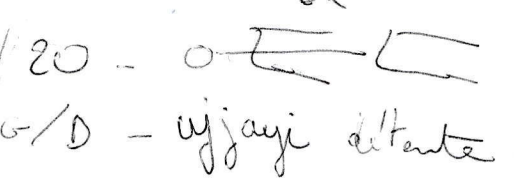
$\begin{matrix} \rightarrow \\ \leftarrow \\ \text{IN} \\ \text{EX} \end{matrix}$



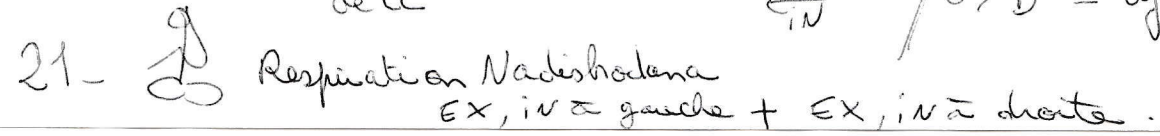
9 torsion de CC



$\begin{matrix} \rightarrow \\ \leftarrow \\ \text{EX} \\ \text{IN} \end{matrix}$



G/D - ujjayi détente



Respiration Nadishodana  
EX, IN à gauche + EX, IN à droite.