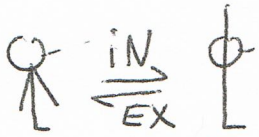
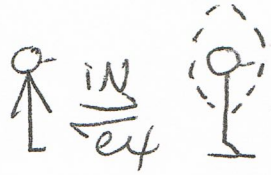
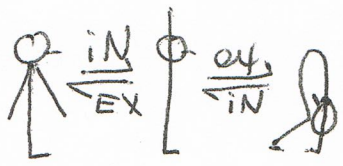
#1 mardi hiver 2016 - 10am

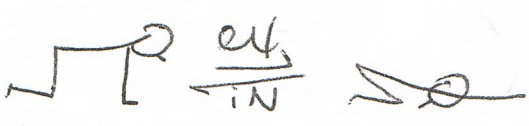
THÈME : Coordination Souffle et mouvement

1. observation stabilité aisance

2.  6x dyn. TADASANA

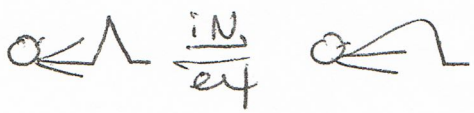
3.  6x dyn. "

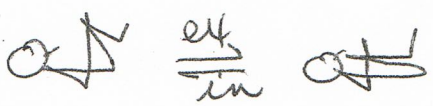
4.  6x dyn. Uttanasana

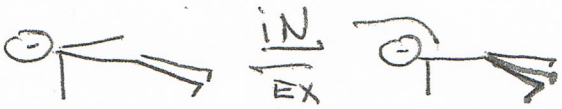
5.  6x dyn.

6. 6x dyn. Adhomukha Shvanasana

7. repos avec conscience de la coordination

8.  6x dyn. Dvipada Phitam

9.  6x dyn. C/P Apanasana

10.  6 x ch. côté

si besoin Apanasana

11.

4 INS
4 EXP
2 RV

Pranayama → maîtrise du Souffle