







ASANA PRANAYAMA SAMYAMA


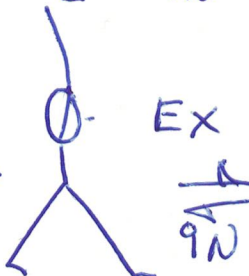
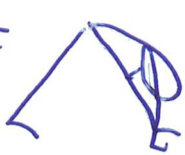
Prog
H-2019



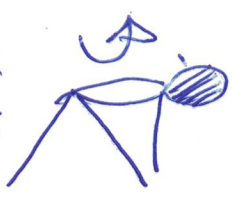
P1


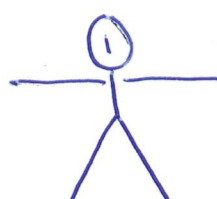
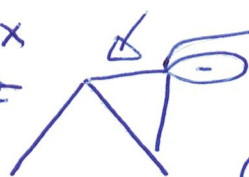
1.  $\begin{matrix} \text{IN} \\ \rightarrow \\ \text{EX} \end{matrix}$  $\begin{matrix} \text{EX} \\ \rightarrow \\ \text{IN} \end{matrix}$  3 series (6x)

CP

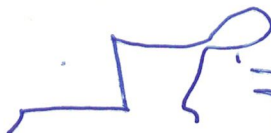
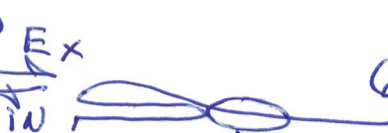
2.  $\begin{matrix} \text{IN} \\ \rightarrow \\ \text{EX} \end{matrix}$  $\begin{matrix} \text{EX} \\ \rightarrow \\ \text{IN} \end{matrix}$  6x

3.  $\begin{matrix} \text{IN} \\ \rightarrow \\ \text{EX} \end{matrix}$  $\begin{matrix} \text{EX} \\ \rightarrow \\ \text{IN} \end{matrix}$  5x/côté Recherche Souplesse (2 series)



4.  $\begin{matrix} \text{IN} \\ \rightarrow \\ \text{EX} \end{matrix}$  $\begin{matrix} \text{EX} \\ \rightarrow \\ \text{IN} \end{matrix}$  Rotation 5x/côté (2 series)

5.  $\begin{matrix} \text{IN} \\ \rightarrow \\ \text{EX} \end{matrix}$  $\begin{matrix} \text{EX} \\ \rightarrow \\ \text{IN} \end{matrix}$  4x/côté
 (A) Dynamique
 (B) 2 Resp. Stat. Côté

CP.

6.  $\begin{matrix} \text{EX} \\ \rightarrow \\ \text{IN} \end{matrix}$  $\begin{matrix} \text{IN} \\ \rightarrow \\ \text{EX} \end{matrix}$ 6x

7.  $\begin{matrix} \text{IN} \\ \rightarrow \\ \text{EX} \end{matrix}$  $\begin{matrix} \text{EX} \\ \rightarrow \\ \text{IN} \end{matrix}$ 6x Pranayama Allonger Scutle

8.  $\begin{matrix} \text{EX} \\ \rightarrow \\ \text{IN} \end{matrix}$  $\begin{matrix} \text{IN} \\ \rightarrow \\ \text{EX} \end{matrix}$ 6x puis, Detente