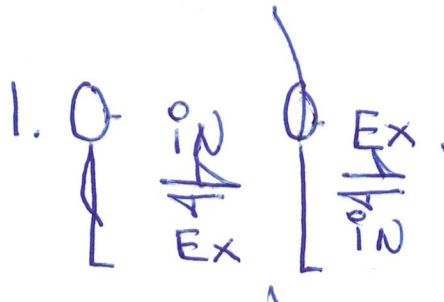
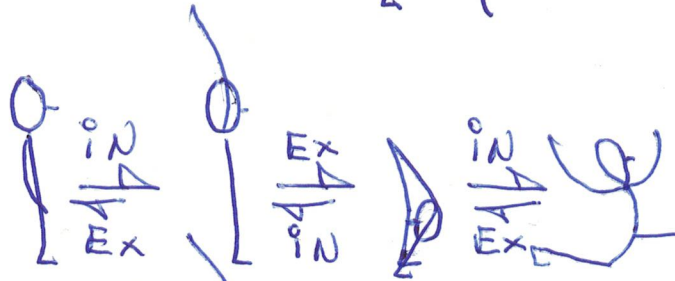


Flexion

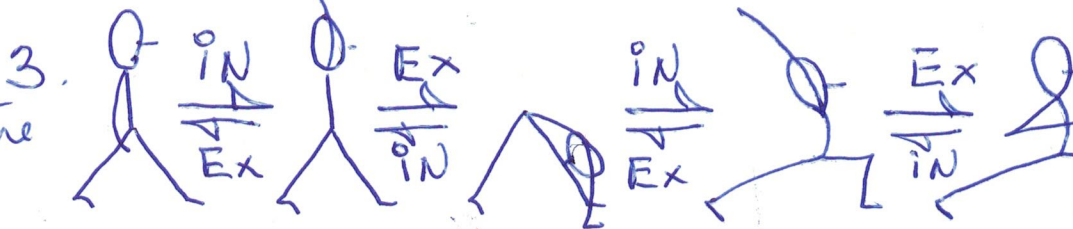
1.  5x

- Une Série Dynamique Sym.
- Une Série Asymétrique
- Une Série avec Rétentions

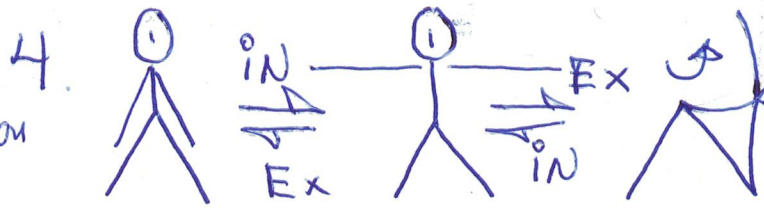
2.

 4x ch. Côte
puis (1 resp. stat) 2x

3. Ouverture

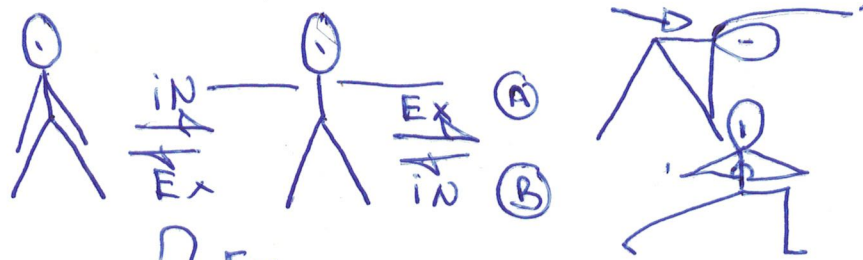
 4x / Côte

4. Torsion



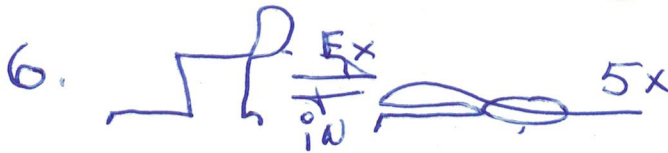
- 3x Dyn ALT. G-D
- + 1x 2 R. Stat / Côte

5. LATÉRAL

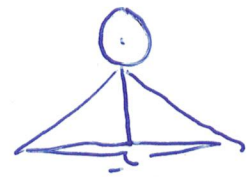


- 3x Dyn G-D
- + 1x 2 R Stat / Côte

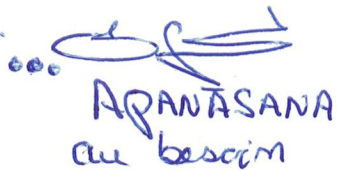

6. Centre Postère

 5x

7. Prana-YAMA

 Ujjayi (Suffle Sonore)
Vers 6. 0. 6. 6 x 6 Respiration
Vers 6. 6. 6. 6 . x 6 Respiration

8.

 ANASANA au besoin +  Shavasana 5 minutes