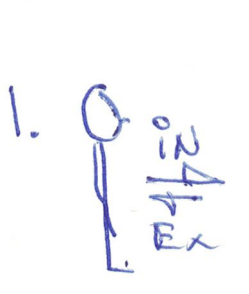
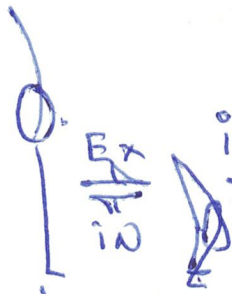
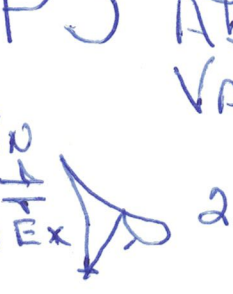
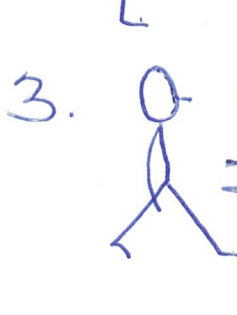
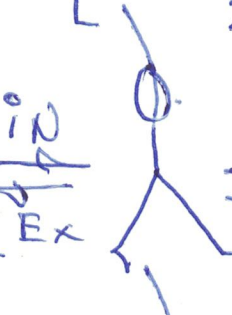

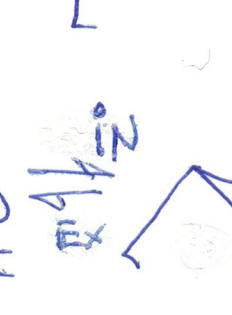
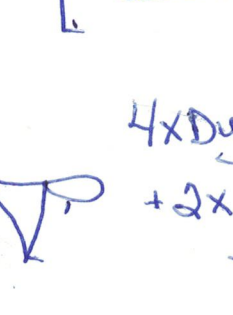


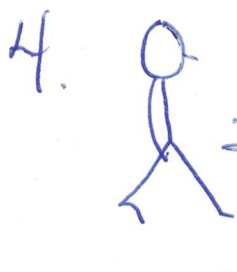
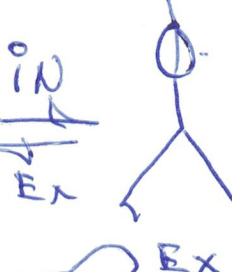
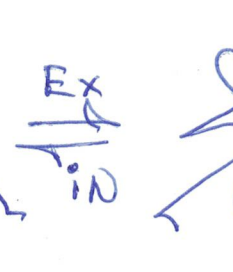
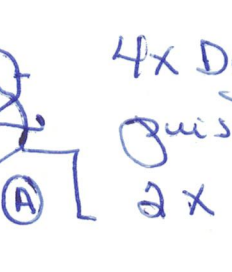
PROGRESSION

P3 ys. 1,12
AbhyASA - Pratique
VAIRAGYA - DETACHEMENT
PROG. H 2019




1.    2 Series de 6x


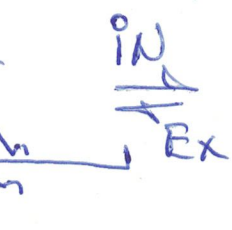

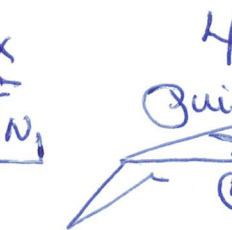
2.      2 séries de 5x

3.      4x Dyn/côte
+ 2x 2R. Stat
en (A) /côte

4.     4x Dyn/côte
puis
2x 3R. Stat /côte
en (A)

Contre
pose

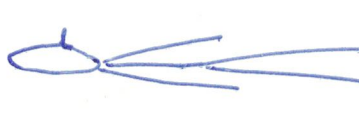
5.    5x

6.     4x Dyn/ch. Côte
puis
1x 4R. Stat /côte
en (A)

Contre
pose

7.      5x

8. Relâchement

 5 minutes
Laisser Respirer.