

1

Debout

Étirements

Dynamics

Équilibre

Images seules

Séance 1

VAJRASANA

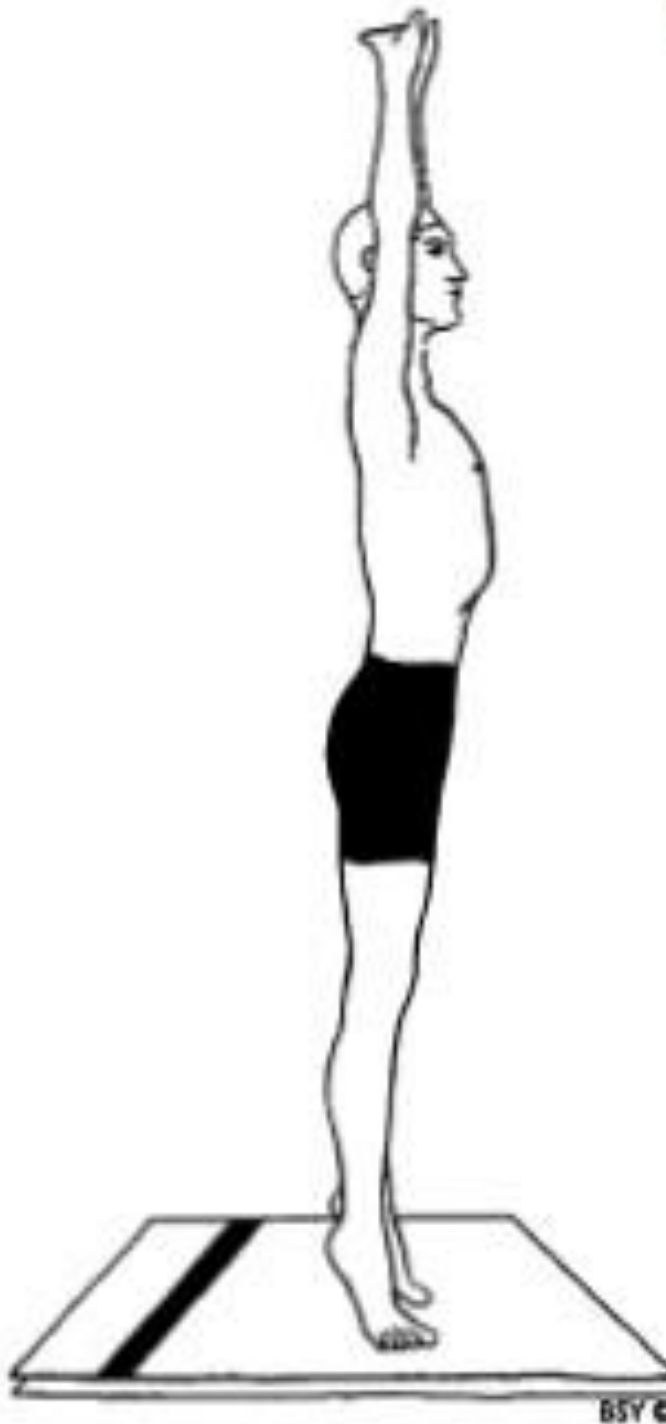


Om Om Om

SUKHASANA

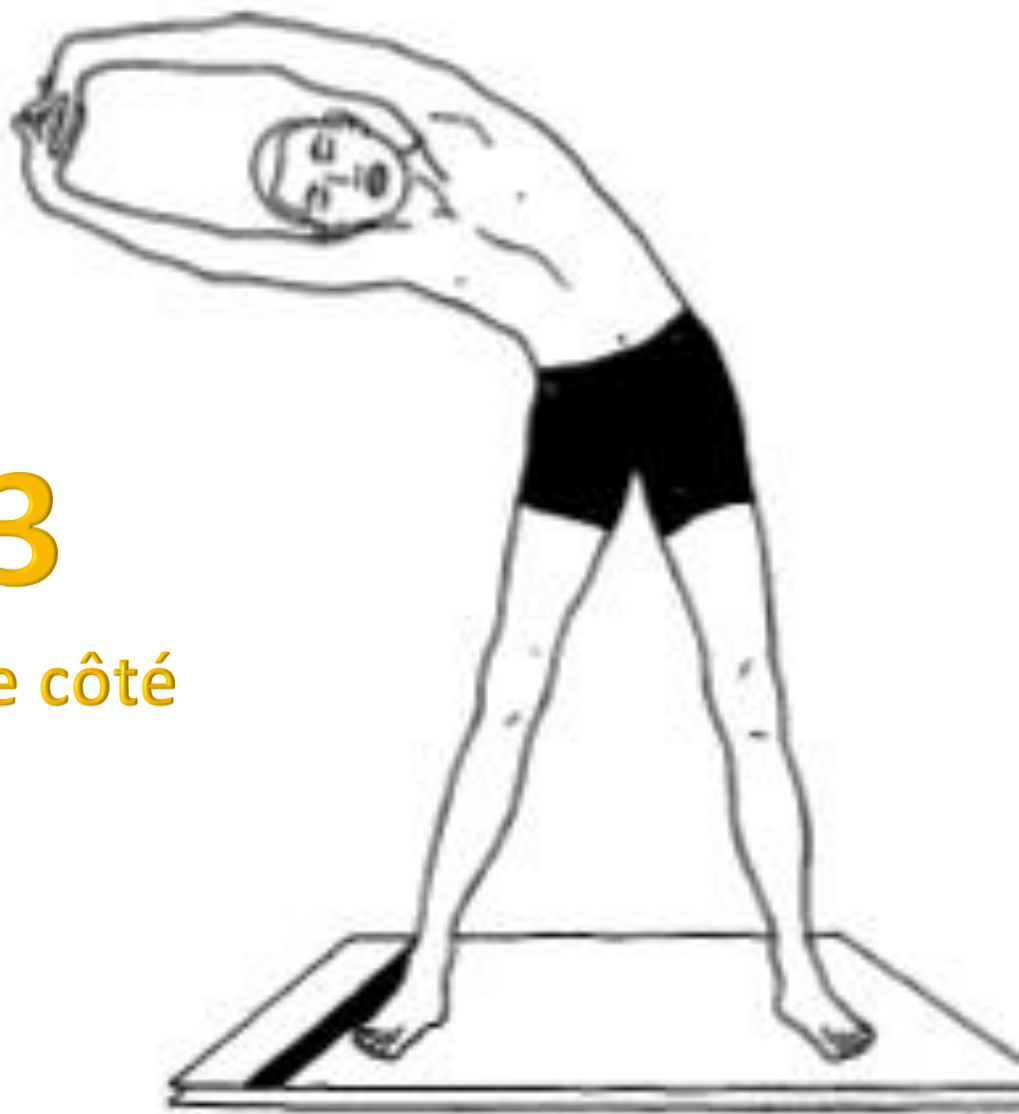


TADASANA



x3

TIRYAKA TADASANA



x3

chaque côté

KATI CHAKRASANA



BSY ©

x3

chaque côté lentement
puis accélérer
en dynamique
si on le sent

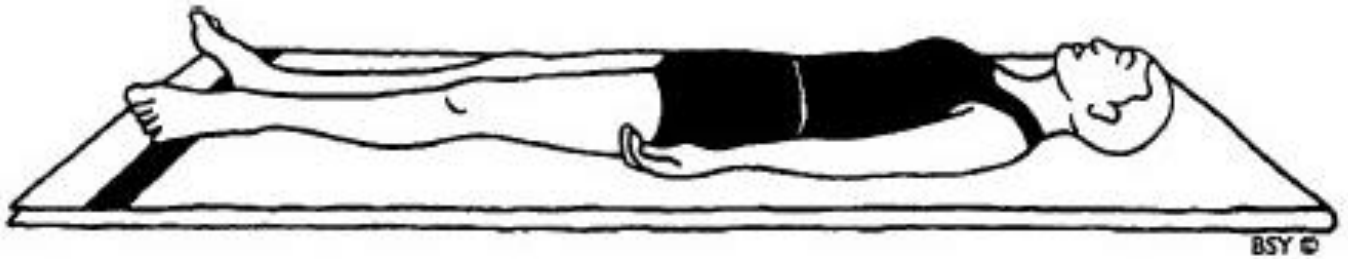
EKA PADA PRANAMASANA

x1

chaque côté



SHAVASANA

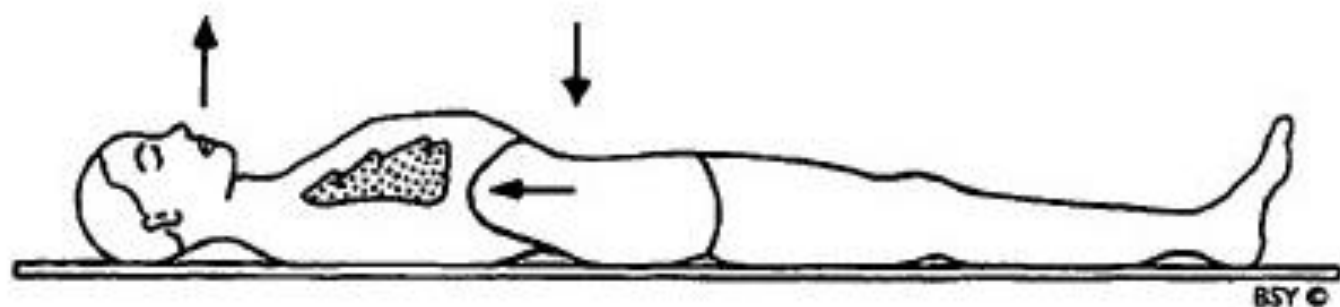
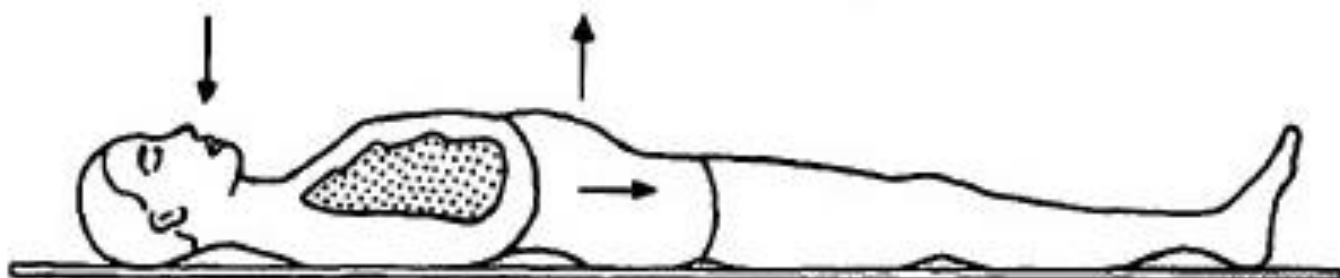


1 à 2

Minutes

Observer la respiration

RESPIRATION ABDOMINALE



2 à 3 minutes
selon temps disponible

VAJRASANA



Sankalpa

Résolution

Om Om Om

Fin séance 1