

2

Bassins

Hanches

Assouplissement

Pawanmuktasana

Libération énergie

Images seules

Séance 2

**VAJRASANA**



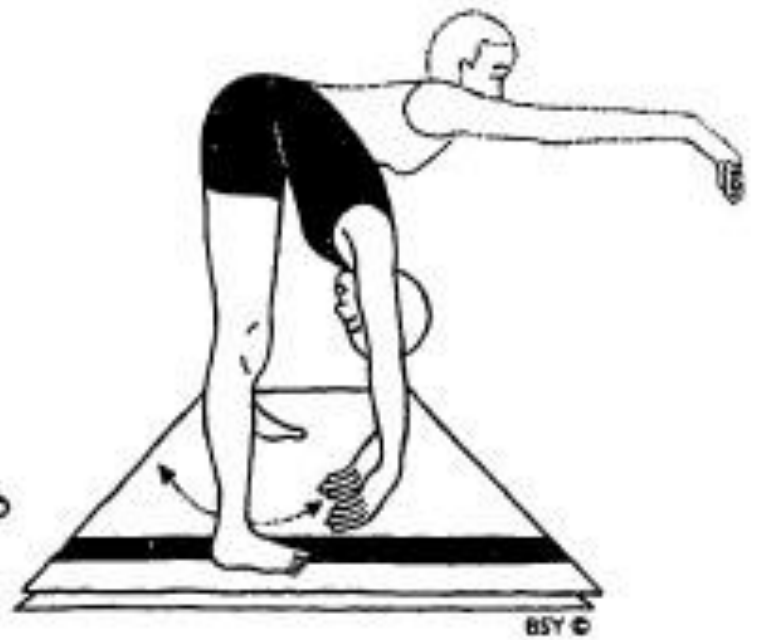
Om Om Om

**SUKHASANA**



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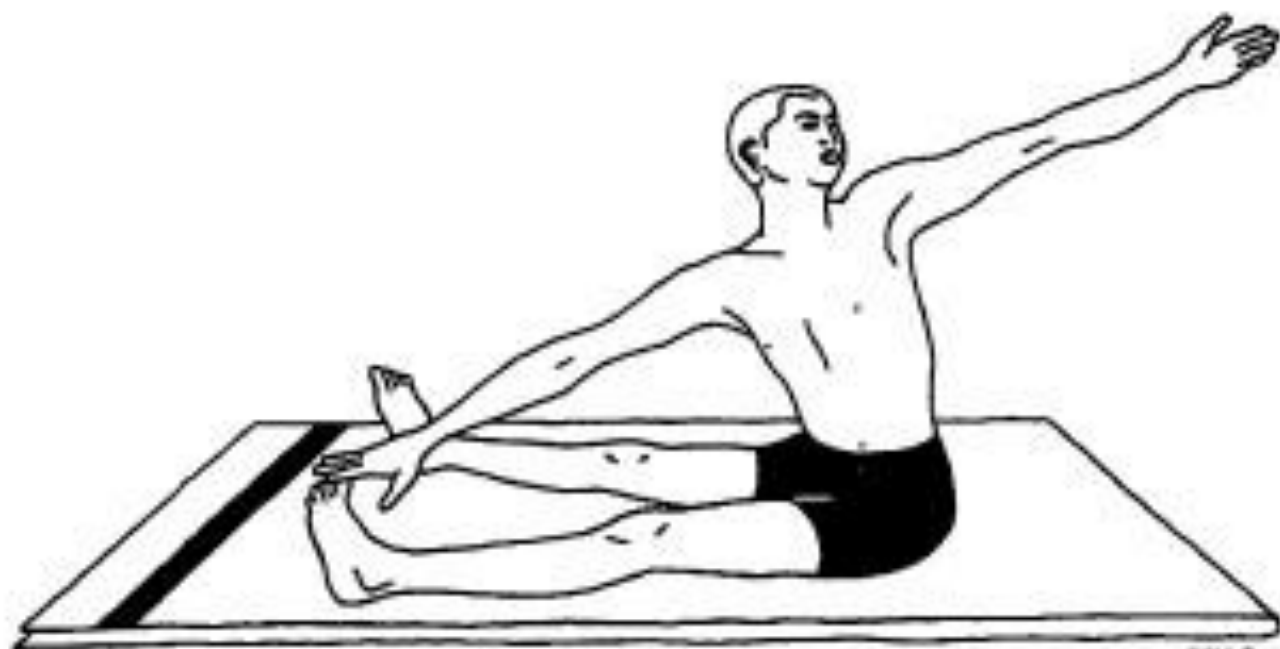
## UTTHITA LOLASANA



x 3 à 5

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## GATYATMAK MERU VAKRASANA



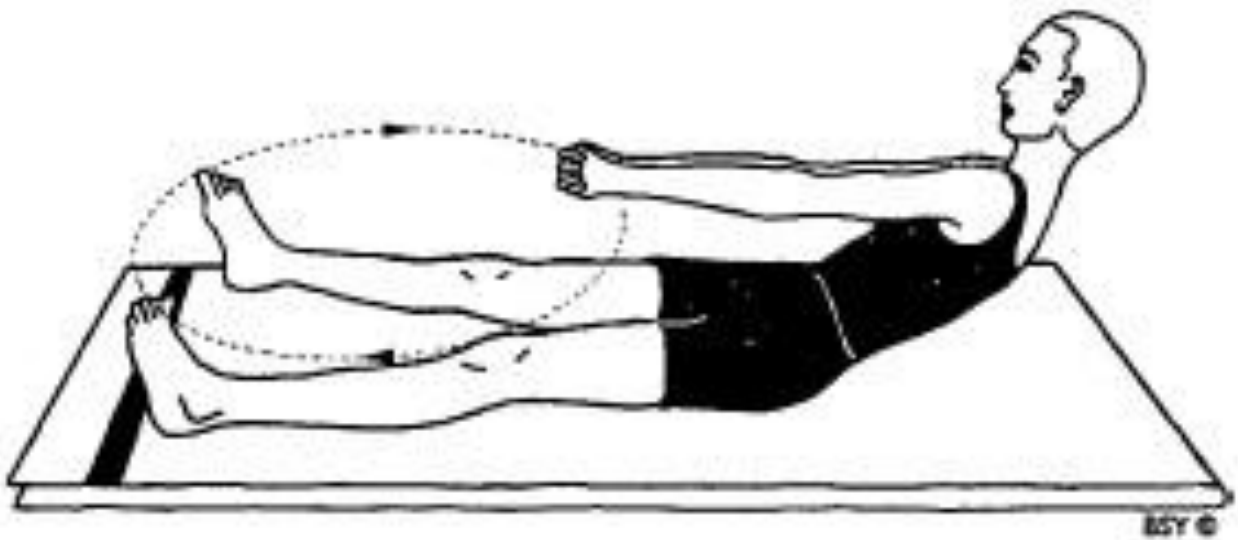
ISY ©

**x 3**

chaque côté

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## CHAKKI CHALANASANA

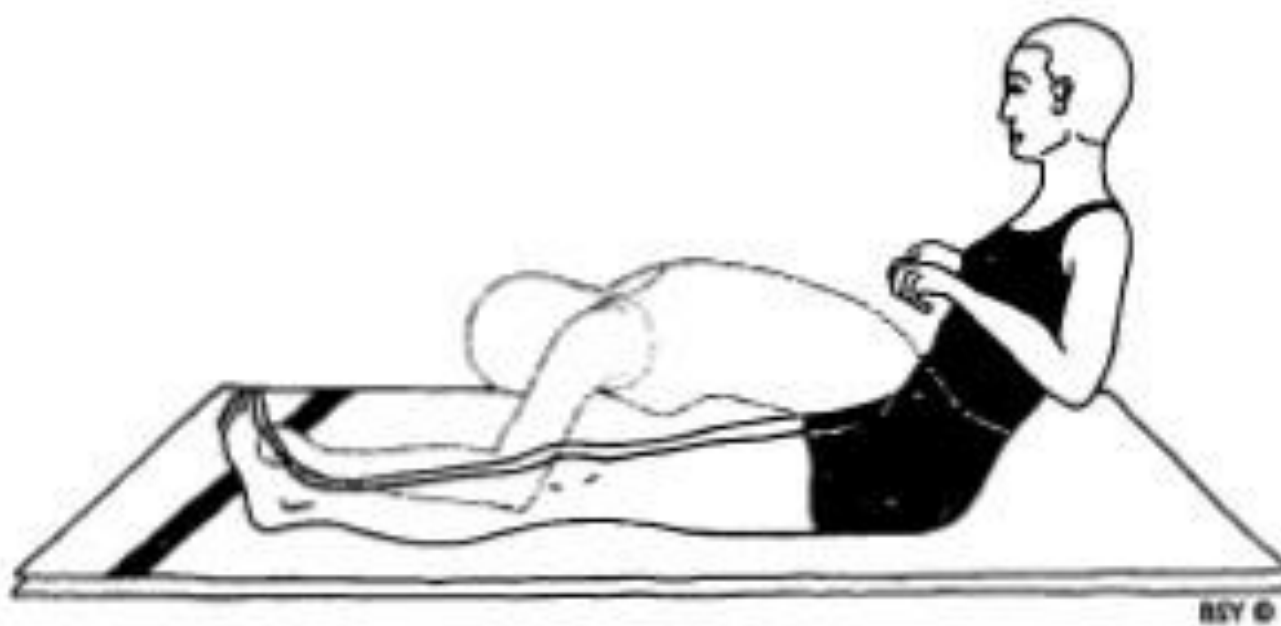


x 3

chaque côté

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# NAUKA SANCHALANASANA

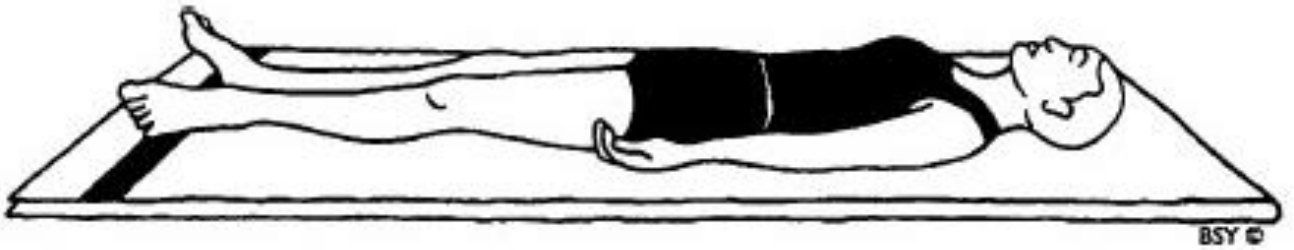


x 3

chaque côté

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# SHAVASANA



BSY ©

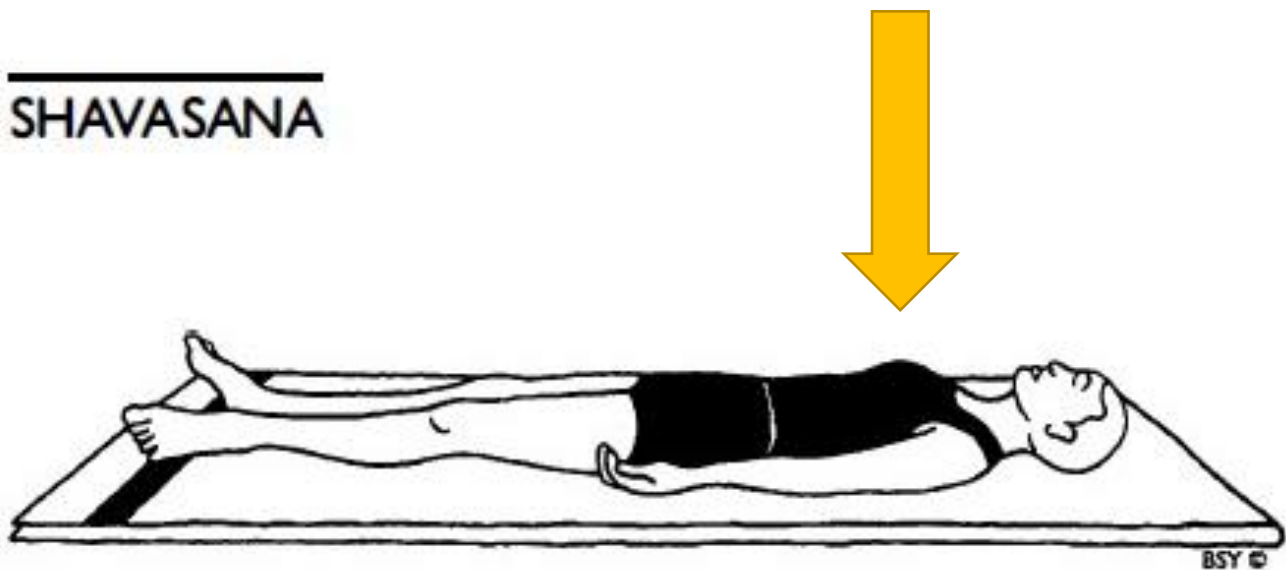
**1 à 2**

**Minutes**

**OBSERVER RESPIRATION**

## RESPIRATION THORACIQUE

SHAVASANA



**2 à 3 minutes  
selon temps disponible**



VAJRASANA



Sankalpa résolution  
Om Om Om

Fin séance 2