

3

Dos

Extensions

Arrière

Images seules

Séance 3

**VAJRASANA**



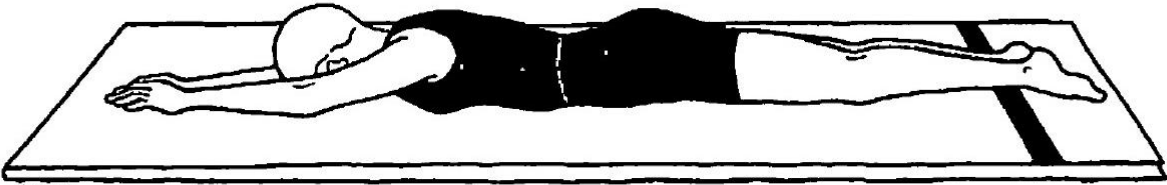
**Om Om Om**

**SUKHASANA**



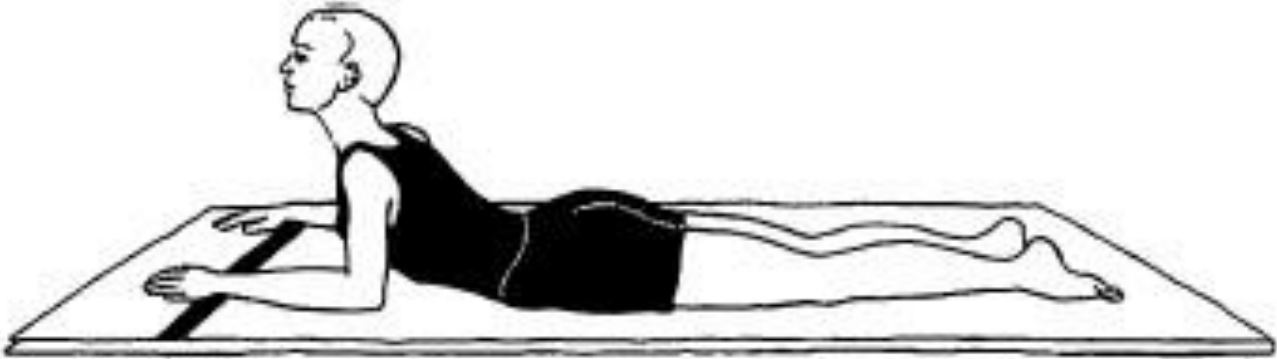
# ENCHAINEMENT

## ADVASANA



© Y2B

SPHINX = SARAL BHUJANGASANA



BSY ©

x 3

# ENCHAINEMENT



x 3

**QUATRE PATTES (allongé)**

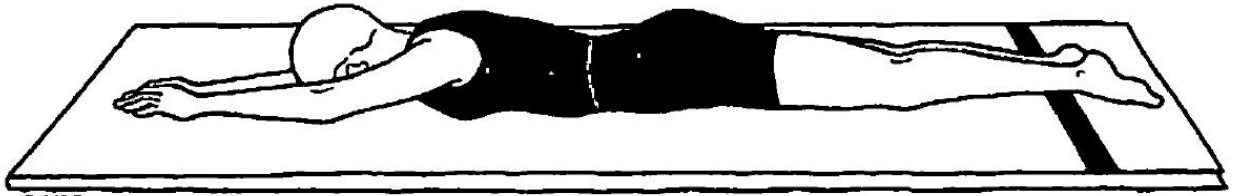


**CHIEN TETE EN HAUT**



**SHASHANKASANA**

## ADVASANA



© Y28

**1 à 2**

**Minutes**

**Observer la respiration**

VAJRASANA



**Sankalpa**  
**Résolution**  
**Om Om Om**  
**Fin séance 3**