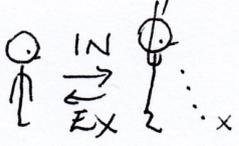
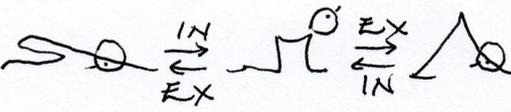
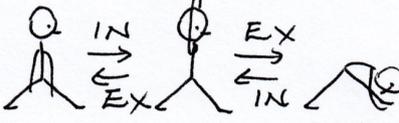
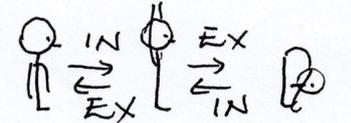
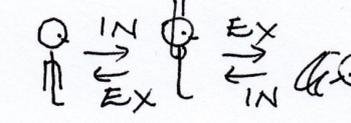
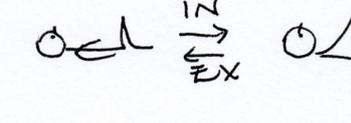
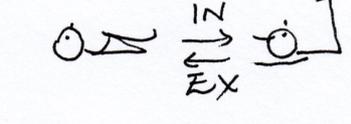
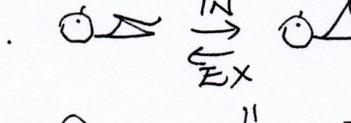
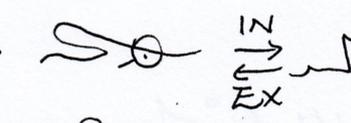




Cours de base n° 1
synchronisation souffle et mouvement ;
ujjāyī, développer le ressenti.

1.  x 6 tādāsana
2.  x 6 adhomukhāsānāsana
3.  x 4 c.c. pārśva uttānāsana
4.  x 5 c.c. vīralāṅghrāsana
5.  x 6 uttānāsana
6.  x 6 alt. tīkṇāsana
7.  x 6 utkatāsana ○ ← REPOS
8.  x 8 dvipādapītham
9.  x 8 ūrdhva praṣṭita pādāsana
10.  x 8 apānāsana ○ ← REPOS
11.  x 4 c.c. jānūsīrṣāsana
12.  x 6-8 cakravakāsana
13.  6 R respiration profonde