

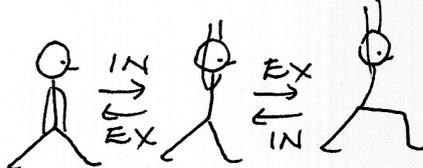


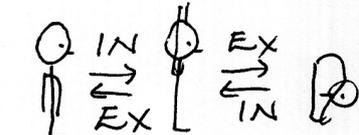
Cours de base n° 2

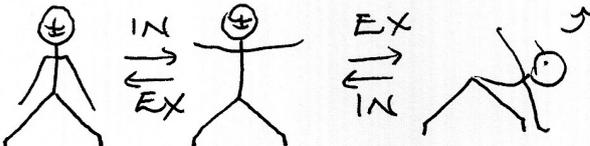
synchronisation souffle et mouvement ;
proprioception ; introduction d'ujjâyi à l'expir dans le
prânâyâma ; intensification du cours n° 1

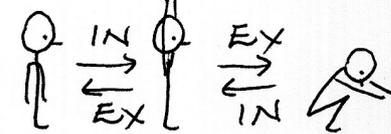
1.  x 6 tādāsana

2.  x 6 adhomukha
śvanāsana

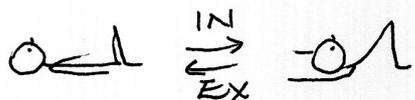
3.  x 6 c.c. vīrabhadrāsana

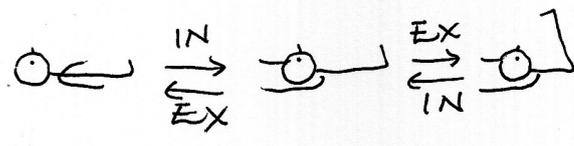
4.  x 6 uttārāsana

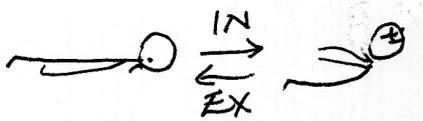
5.  x 6 alt. tīkṣṇāsana

6.  x 6 utkatāsana

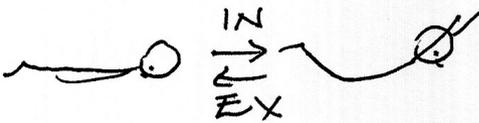
 REPOS

7.  x 6 dvipādapītham

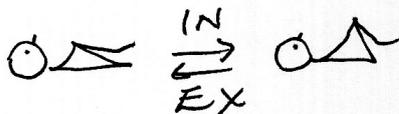
8.  x 4 ūrdhva prāṣṭa
pādāsana

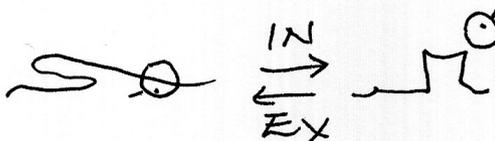
9.  x 6 bhujangāsana

→ ⊕ REPOS

10.  x 6 śalabhāsana

→ ⊕ REPOS

11.  x 10 apānāsana

12.  x 8 cakravakāsana

→ ⊕ REPOS

13.



a. observe le souffle

b. 12 R recaka prāṇāyāma

c. observe