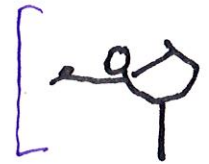


# SÉQUENCE 45 min à 1h30

Reprends la séquence de 15-30min pour te centrer, t'ancrer, te connecter et échauffer le corps sur les salutations au soleil et poursuis avec ce qui suit :



ARBRE 5 à 20 R de chaque côté



NATARAJASANA DENSEUR 5 à 10 R de chaque côté



5R ] x2c



SAMASTHI



INS



EXP



INS

sauté en arrière

CHATURANGA

CHIEN TÊTE EN HAUT (CTH)

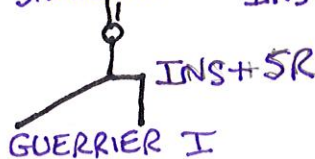
CTB



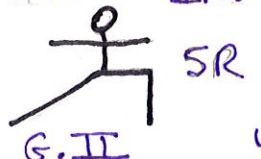
INS



EXP



GUERRIER I



G.II



UTTHITA PARSVOKONASANA



INS



EXP



INS



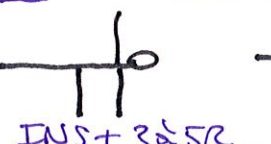
EXP+5R TRIKONASANA



INS



EXP



INS+3 à 5R ARDHA CHANDRASANA



3 à 5R G.III



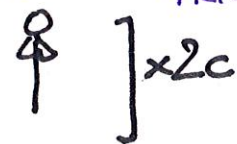
EXP/INS



EXP



INS



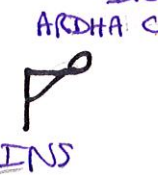
x2c



INS



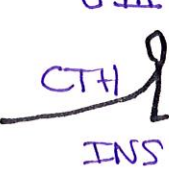
EXP



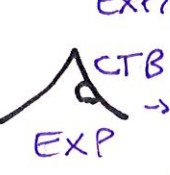
INS



EXP



INS



EXP

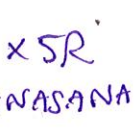
sauté avant



DANDASANA



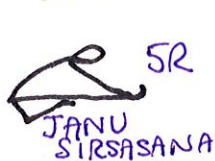
PASHTIMOTANASANA



x5R



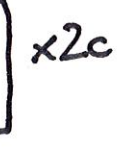
TABLE 5R



JANU SIRSASANA



MATSYENDRASANA



x2c



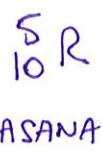
KONASANA



x5R 10



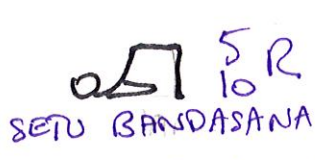
BADHA KONASANA



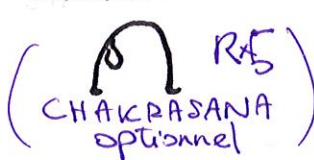
5R 10



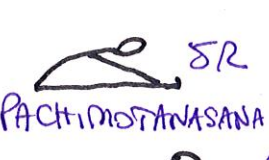
NAVASANA



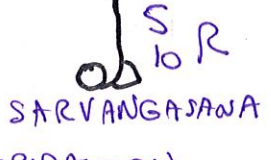
SETU BANDASANA 5R 10R



CHAKRASANA optionnel



PASHTIMOTANASANA 5R



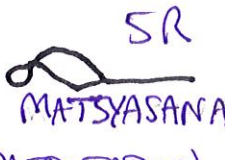
SARVANGASANA 5R 10R



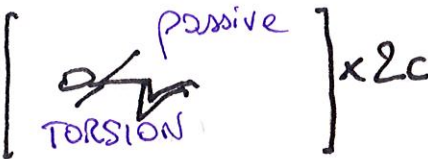
HALASANA SR



KARNA PIDASANA SR



MATSYASANA SR



TORSION ] x2c



SANASANA



RESPIRATION

CARREE x 5 cycles  
INS 1 - RET 1 EXP 1 RET 1



CONCENTRATION

SO-HAM  
Simplin



MEDITATION

VIDE MENTAL  
1min

GRATITUDE ---