

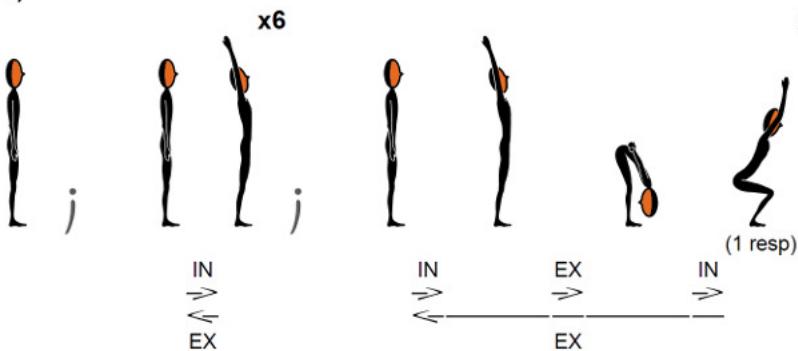
janu sirsasana - flexion assise asymétrique

Séance équilibrante dont les effets principaux sont portés sur le massage de l'abdomen.

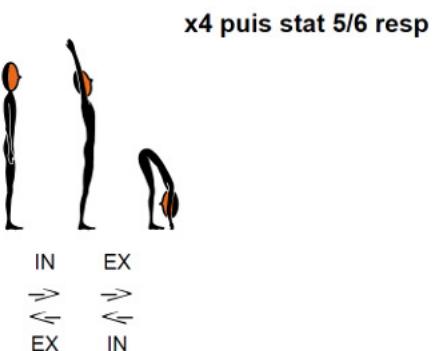
Séance d'1heure, pranayama et écoute compris.

Claudine 16/01/2019

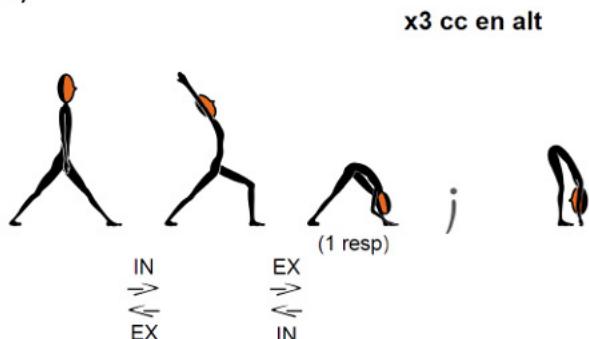
1)



2)

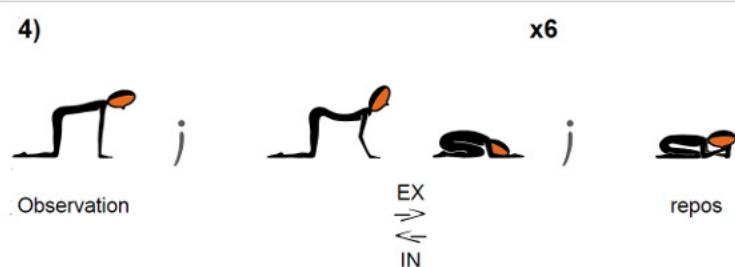


3)

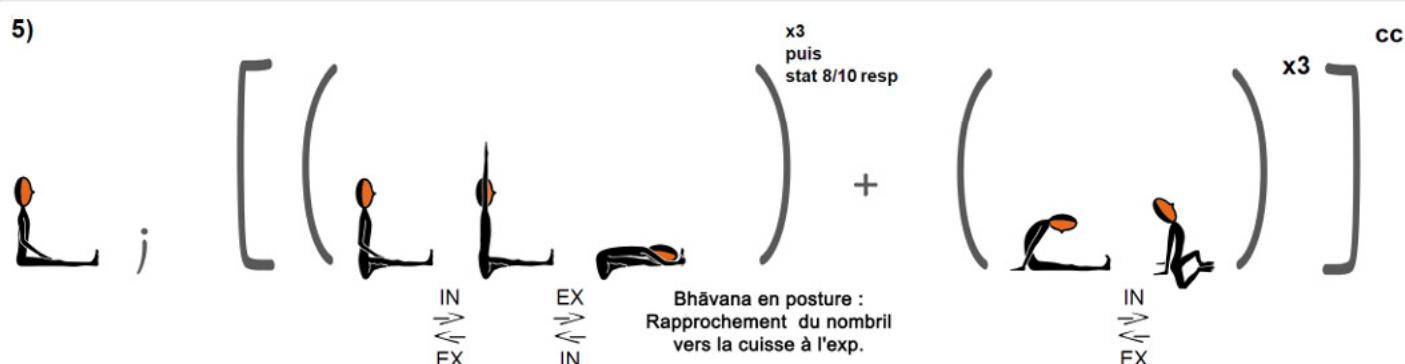


Repos puis,
passage à 4 pattes, en prenant appui sur les mains,
sans relever le buste si possible.

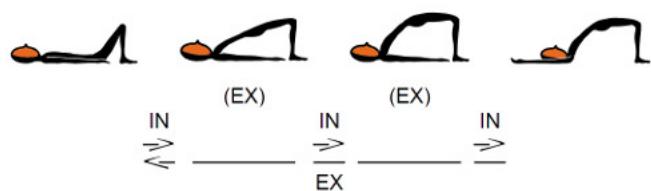
4)



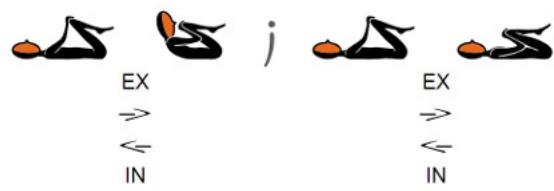
5)



6)



7)



x3

x3

8)

5mn



9)

a. Bhrāmari - x6

b. [↓ G ↑↑ ↓ D ↑↑] x6 cycles
(expiration alternée - anuloma ujjāyī prāṇāyāma)

c. Réduire - 5/6 resp.

d. Ecoute - 5mn

Respiration / Mental / Abdomen (le lien ?)