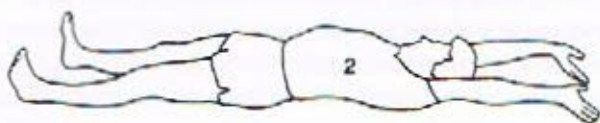


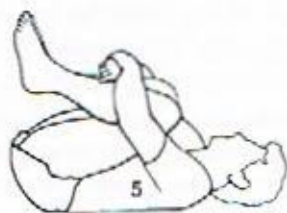
FIGURE 6
SÉQUENCE DE POSTURES DE YOGA



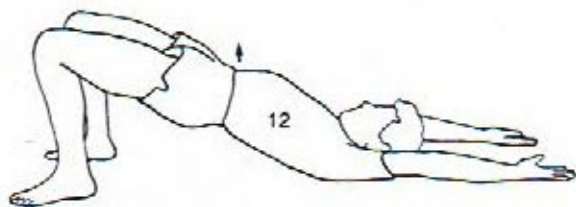
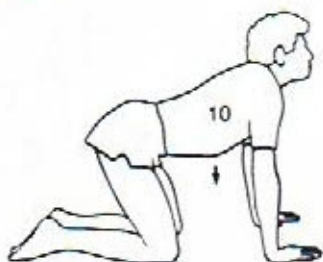
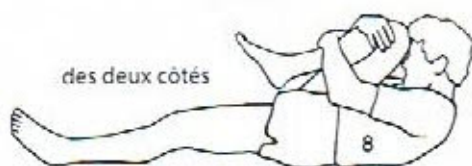
bas du dos pressé contre le sol



bas du dos cambré ;
le bassin reste au sol



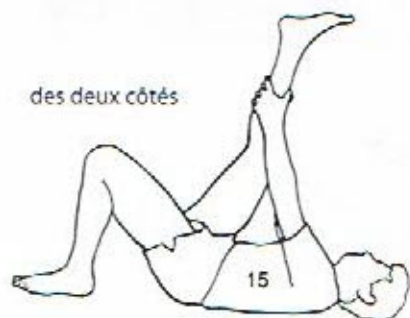
des deux côtés



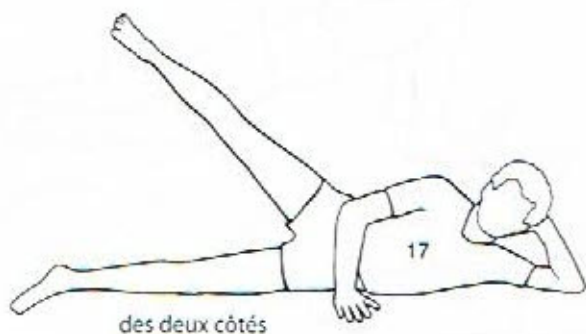
des deux côtés



des deux côtés

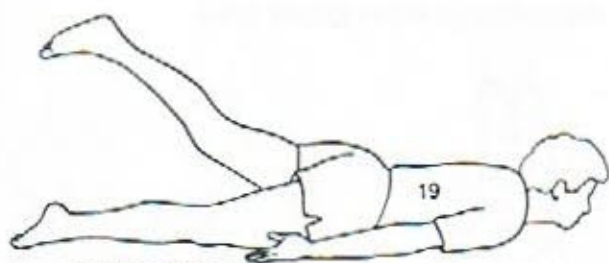


des deux côtés



des deux côtés





des deux côtés

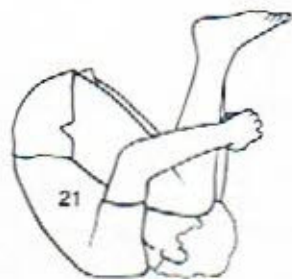
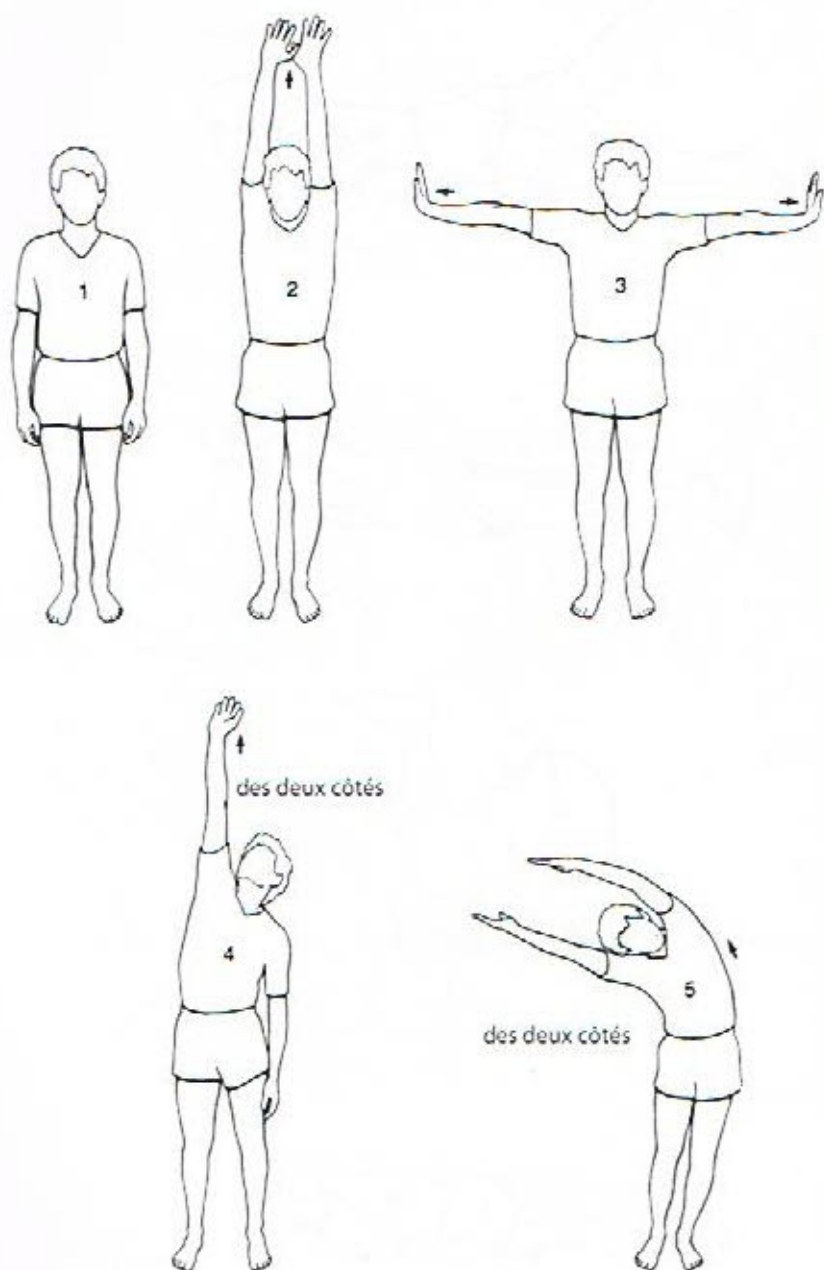


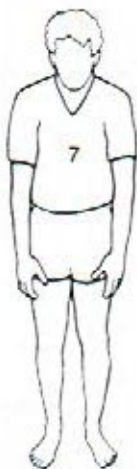
FIGURE 7
SÉQUENCE DE POSTURES DE YOGA



roulements d'épaule : vers l'avant puis vers l'arrière



les soulever



les resserrer
à l'avant

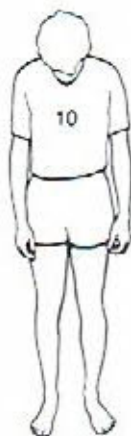


les laisser tomber

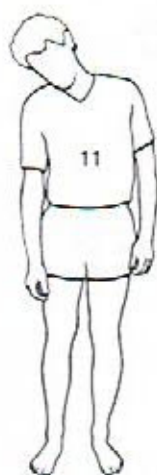


les resserrer
à l'arrière

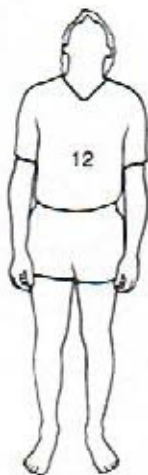
mouvements circulaires de la nuque :
dans une direction puis dans l'autre



10



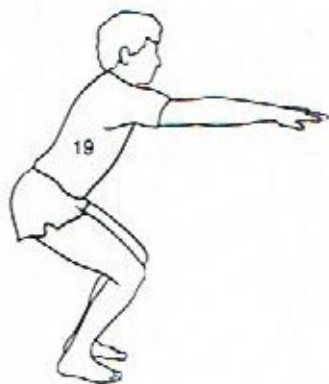
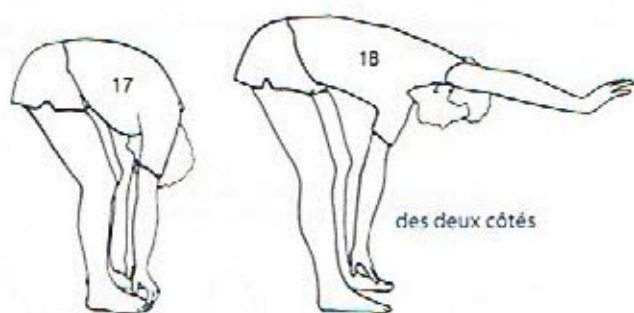
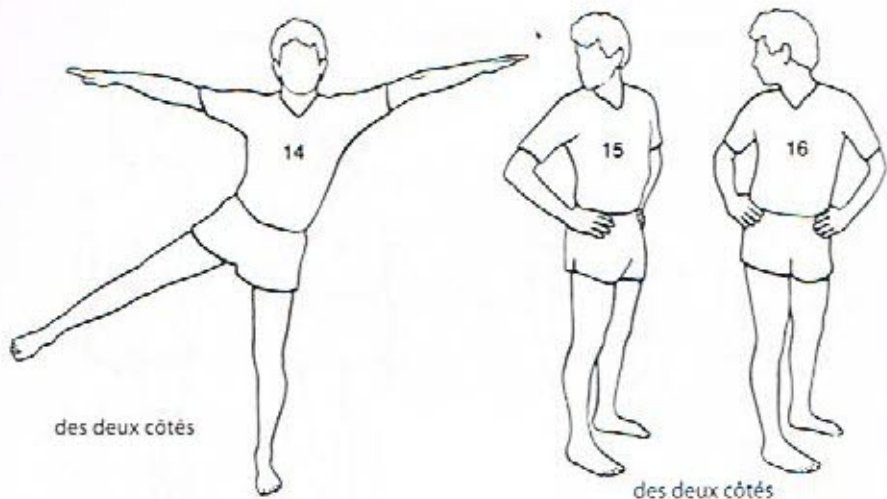
11

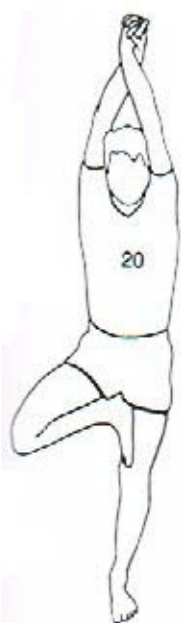


12

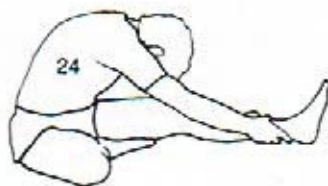


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des deux côtés



répétez 22 à 24 de l'autre côté

