


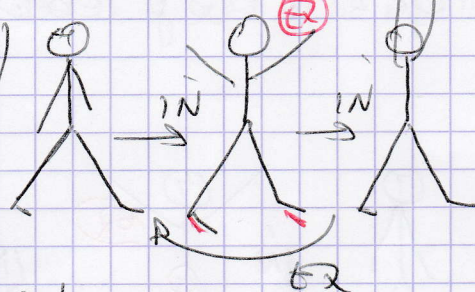
Janvier 2021

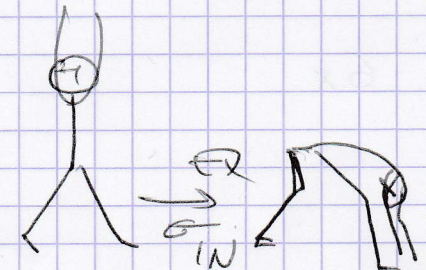
G1 (léger - débutants)

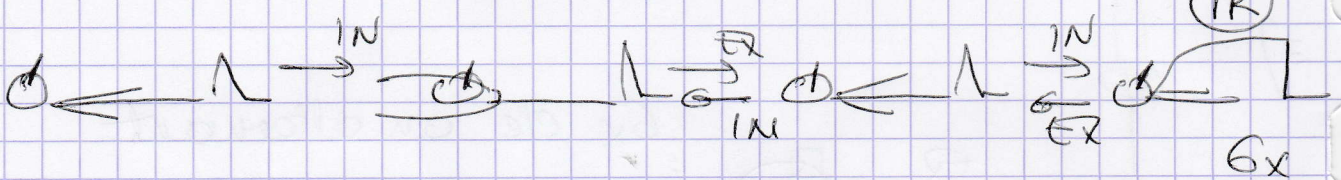
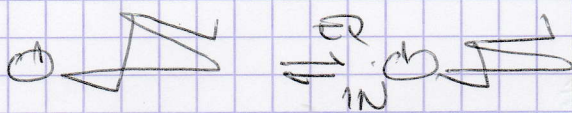
(2 petites pratiques guidées)  
à faire séparément

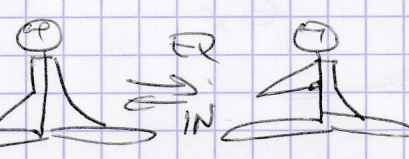
A

1)  le qui m'habite 9"


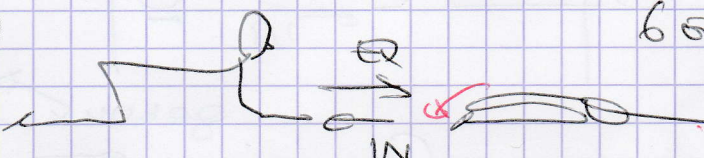
2)  6x

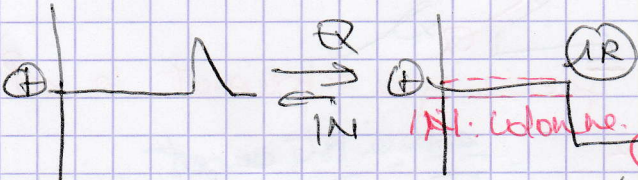
3)  6x G/D  
Alternées

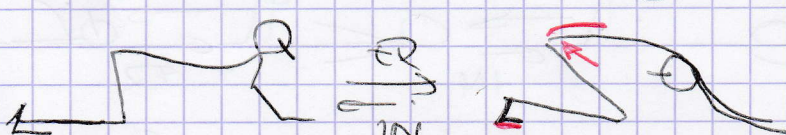
4)  6x  
+  6x  
6x c/c en alternant.  
dernière le qui m'habite 99 (5m)


 6x c/c en alternant.  
dernière le qui m'habite 99 (5m)

B

1)  G qui m'habite 9" 2)  6 ou 8x

3)  6x c/c  
N: colonne. A support des pieds 6x

4)  6x

 ANULOMĀ - UJJAYĪ - 12R  
(6 de chaque côté)  
IN : 2N - UJJAYĪ  
EX : NG  
IN : 2N - UJJAYĪ  
EX : NG