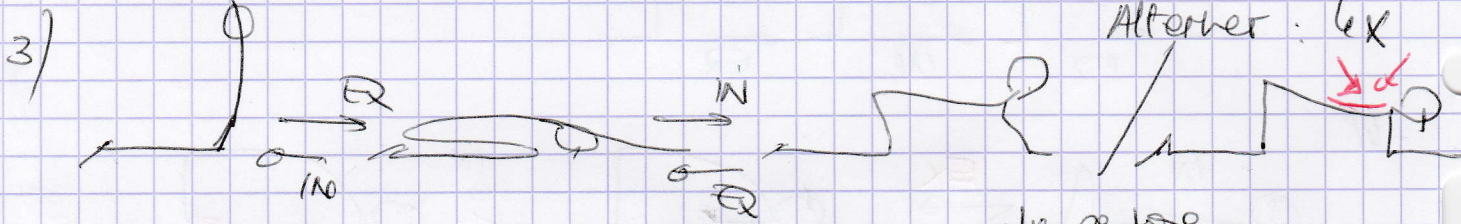
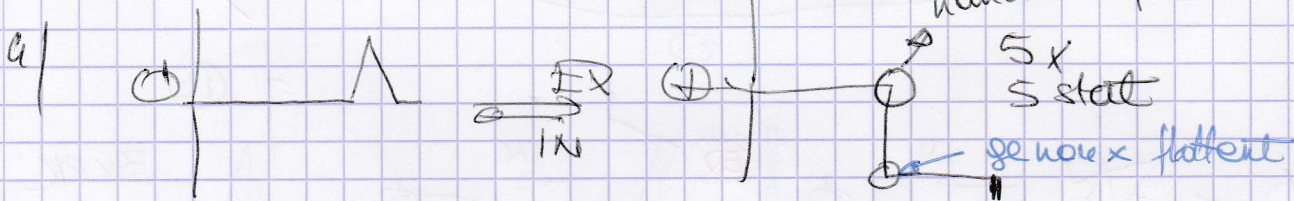


6 x c/c - Alterner.  
le bassin reste stable



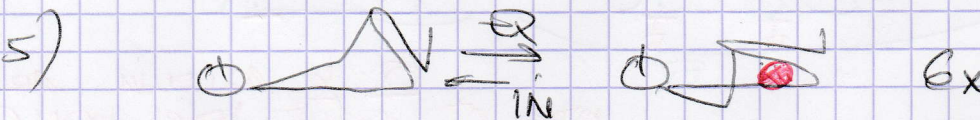
Alterner: 6x



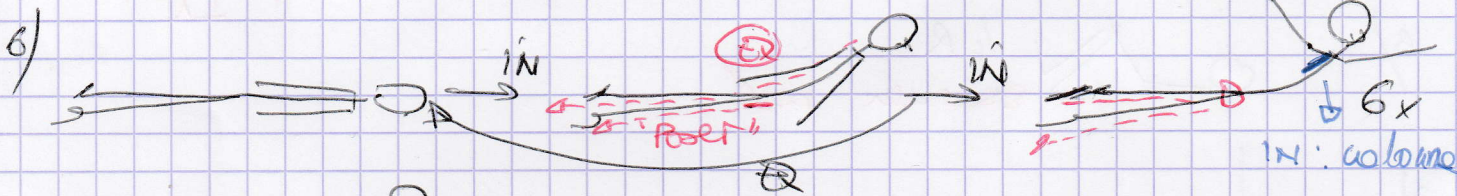
hanche se pose

5x  
5 stat

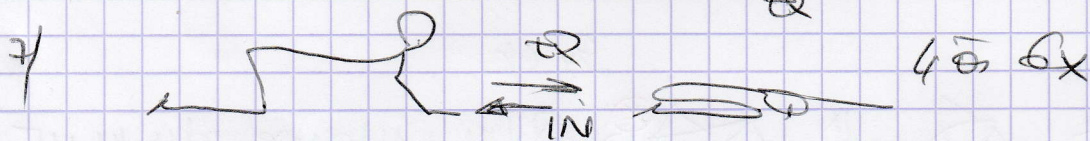
genoux flottent



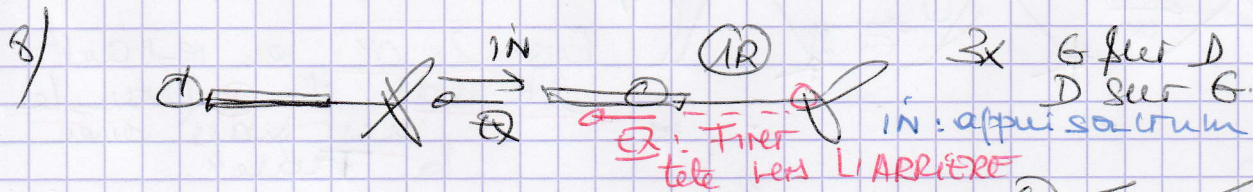
6x EX: les cuisses passent par dessus 1 "ballon"



6x IN: colonne

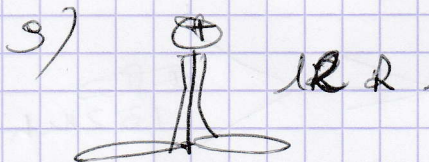
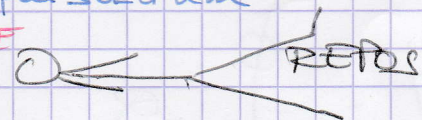


4x 6x



3x 6 fois D  
D sur G.  
IN: appui sacrum

EX: Finer tête vers L'ARRIERE



EX: Appui des reins  
IN: appui des pieds.

5m: observer ce qui est loi