

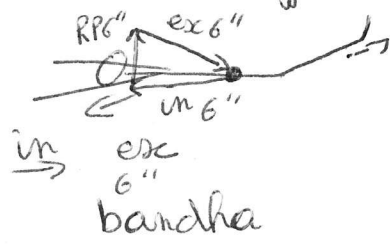
# Mobiler son corps

Séance 1

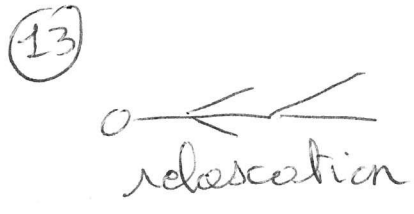
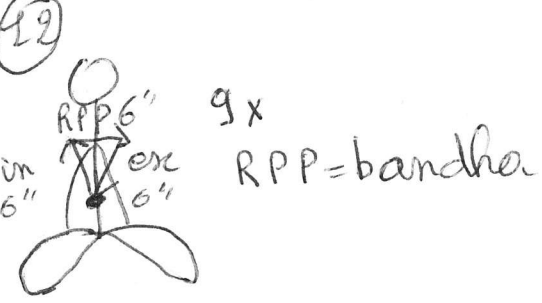
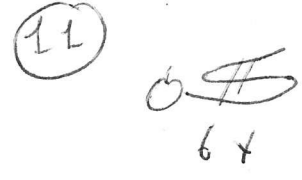
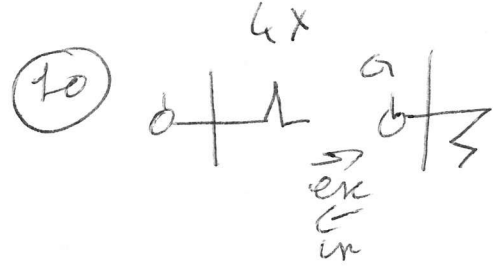
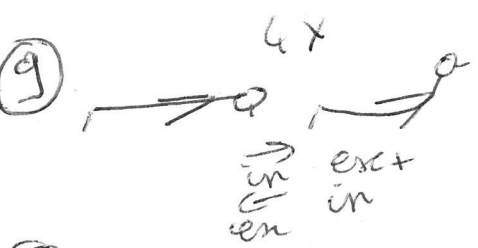
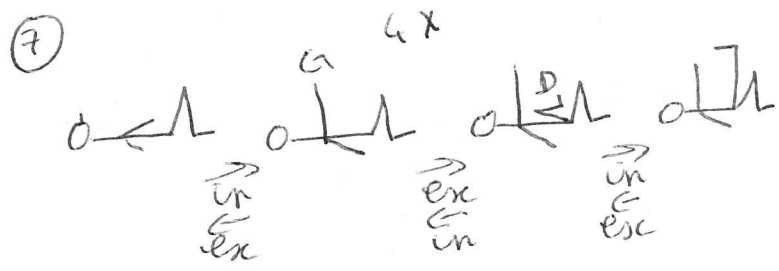
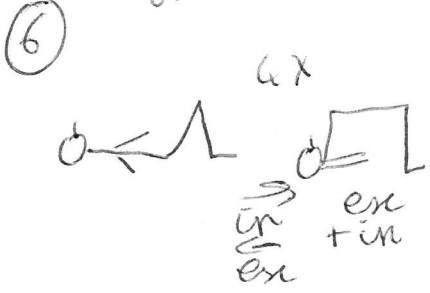
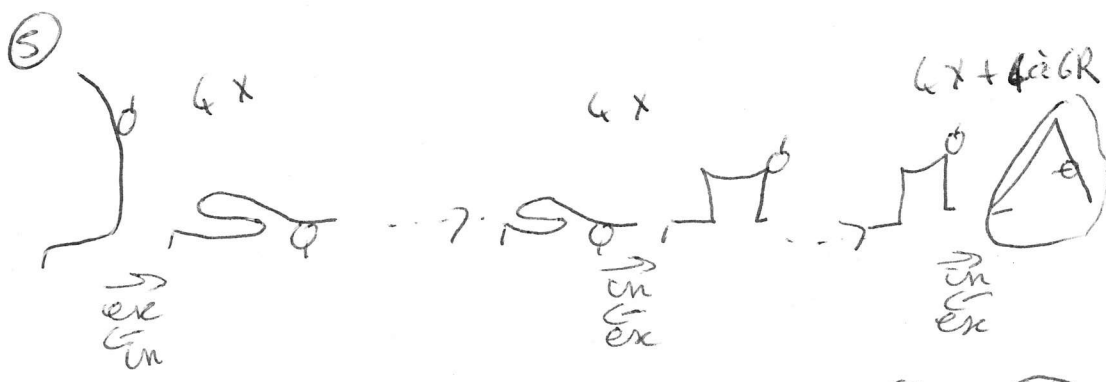
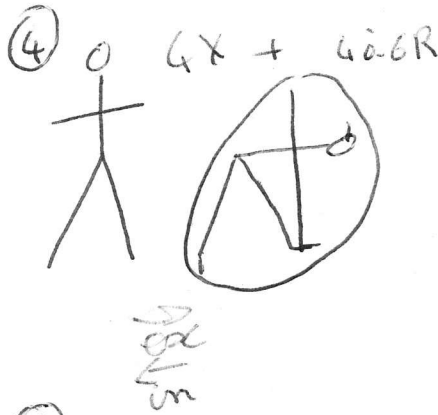
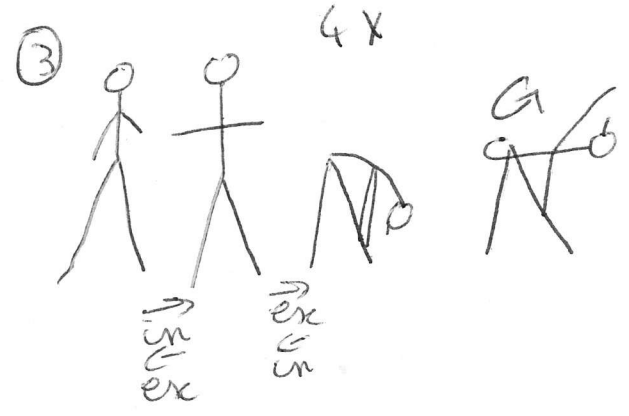
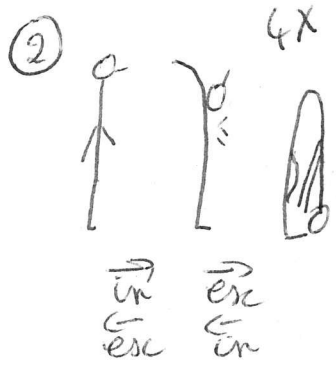
conscience du corps



conscience du souffle




conscience esprit




# La respiration / L'Ujjayi

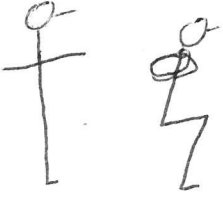
## Séance 2

- ① In descendre vers ♥  
ex à partir de l'abdo



- ②




→ in  
← ex
- ③ mains aux épaules




→ in  
← ex + ex  
← in
- ④




→ in  
← ex  
→ in  
← ex  
→ in  
← ex
- ⑤


- ⑥




→ in  
← ex  
← in
- ⑦ s de l'autre côté
- ⑧





→ ex  
← in
- ⑨

ceintre au sol      ceintre soulevée





→ in  
← ex      → ex  
← in      → in  
← ex      → in  
← ex
- ⑩


- ⑪



→ in  
← ex
- ⑫


- ⑬ allonger le sacroffle  
In + RPP  
ex  
in = ex


- ⑭ relaxation.

