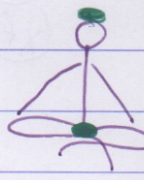

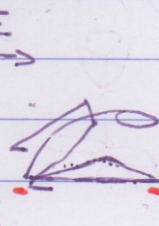
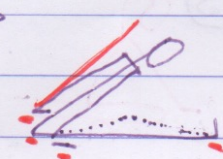


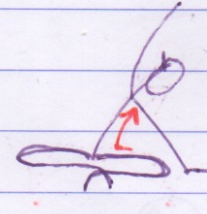


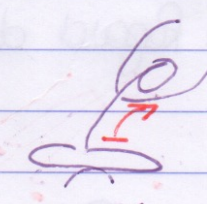



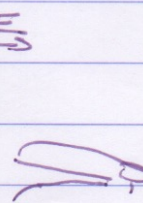
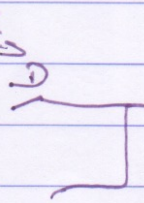
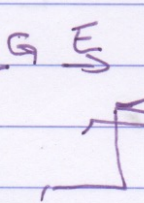
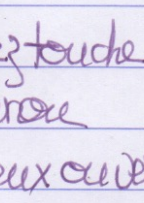
Jain Lado. Yoga décanfiné. Développer le corps.

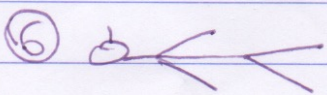
- ①  x Assise confortable
 x Aligner la colonne + souffle I ↓ E ↑
 (6R) x Allonger I & E par rétention.
 (6R) x Visualiser Nūlādhāra et Sahasrara (sommet crâne)
 Faire naviguer le souffle entre les L, de l'un à l'autre

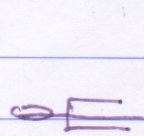
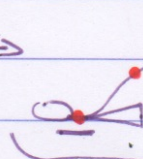
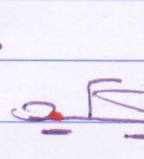
②    x 2 jées tendues ou genoux fléchis
 (x6)

③    . Alterné G/D (x3)
 . Allonger le côté fléchi!
 . Ajouter 1R (x3) G/D
 x A S, chgt crois+ jambes

④    x Allonger les 2 côtés
 x Dyn puis (x6R)
 x G puis D + chgt crois+ jées

⑤      x nez touche
 genou
 x yeux ouverts.
 x 6 à G / x 6 à D



⑦    (x6)