
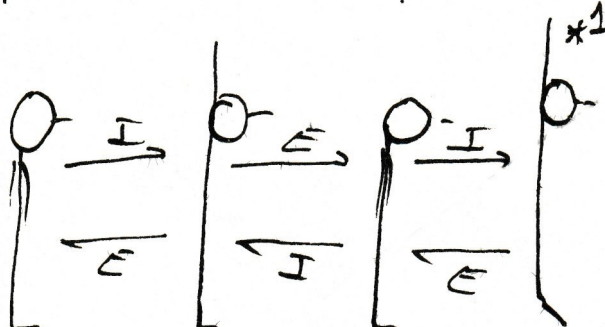
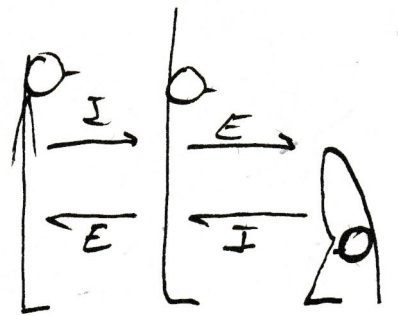
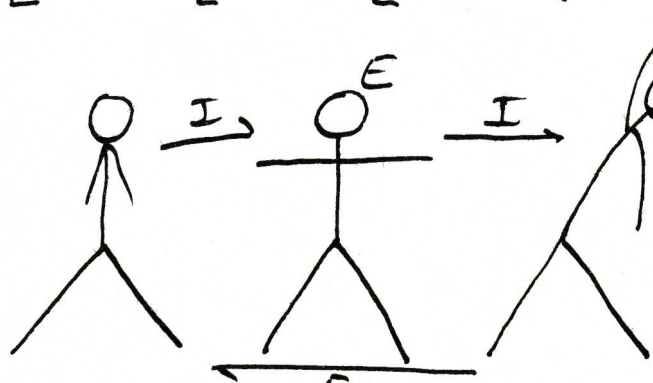



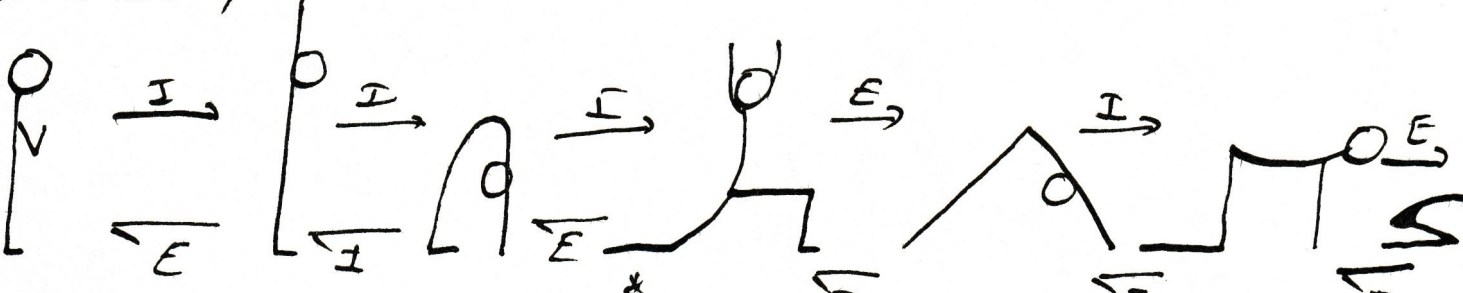
dynamique, matén
Salutation au soleil.
~ 30-40 min.

① 
 • prise conscience R°
 • prise de conscience de l'espace
 près par le corps.

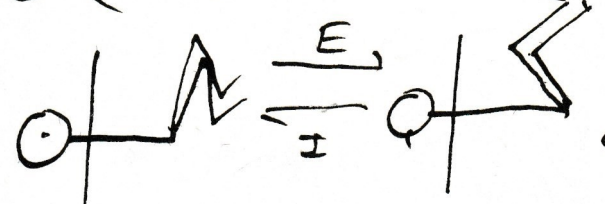
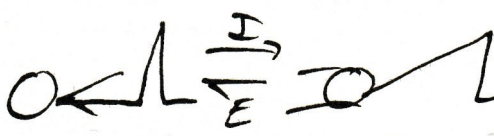
②  x5-6 ;  x4-5



③  x5 CC alt
 ouverture
 latérale. ;  2'

④ s'activer, s'ouvrir au monde : la salutation au soleil


 * pied D aller → pied G retour
 = G = → = D =

⑤  5' 2-3x } 3x
passé 1'

⑥  x6 CC alt ; 

⑦  1' ⑧ 
 • ↑ ↓ ↑ ↓
 G D
 • accueil, sujet "le printemps"