
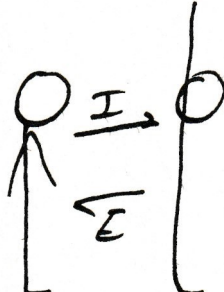
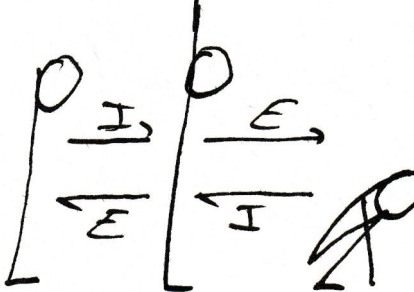


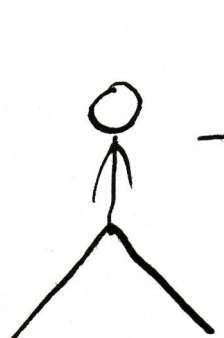
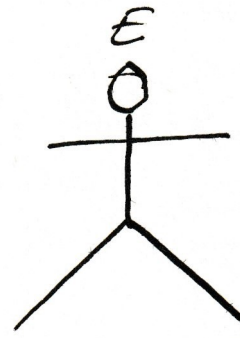

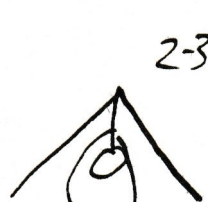
dynamique, matin

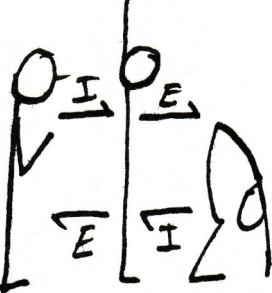
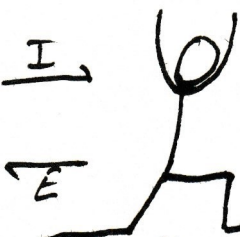
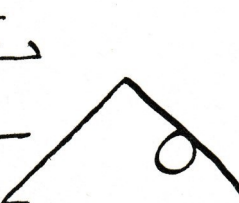
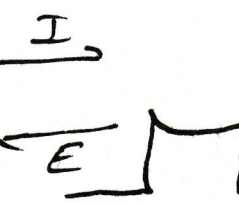

Salutation au soleil

~ 35 min

- ①  . R° : prise de conscience
- . I : idée de remplir l'espace avec son corps




②  I → E  
 I : porte les bras, déclenche le mouvement x6  
 ;  I → E  
 \*6

③  I → E  
 ;  I → E  
 ;  I → E  
 \*0, puis 1R  
 x 5 cc ;  2-3'

④  I → E  
 ;  I → E  
 ;  I → E  
 ;  I → E  
 ;  I → E (\*1R)  
 } 6 à l'aller, Das retour  
 } 0 " , 6 "

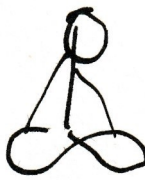
x 2-3  
 passer  
 x 2-3  
 passer  
 x 2-3  
 passer

⑤  3-4'

⑥  I → E  
 ;  I → E  
 ;  I → E  
 x 6

⑦  I → E  
 ;  I → E  
 Calt \*8  
 apanasana en alternance

⑧ 

⑨  ° ↑ ↓ ↓ ↓ ↑ ↓ ↓ ↓ x 6-8  
 0 accueil