

①

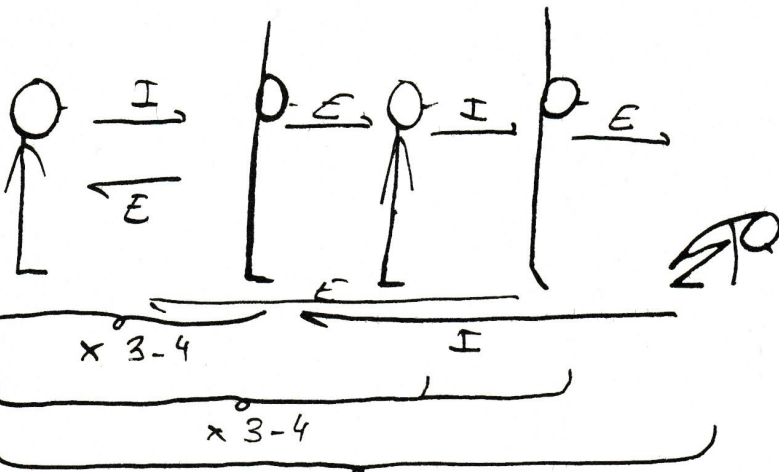


• accueil appuis  
et R°  
• prise de conscience  
G/D

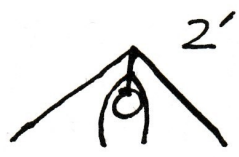
11h00

échauffement dynamique,  
et torsions

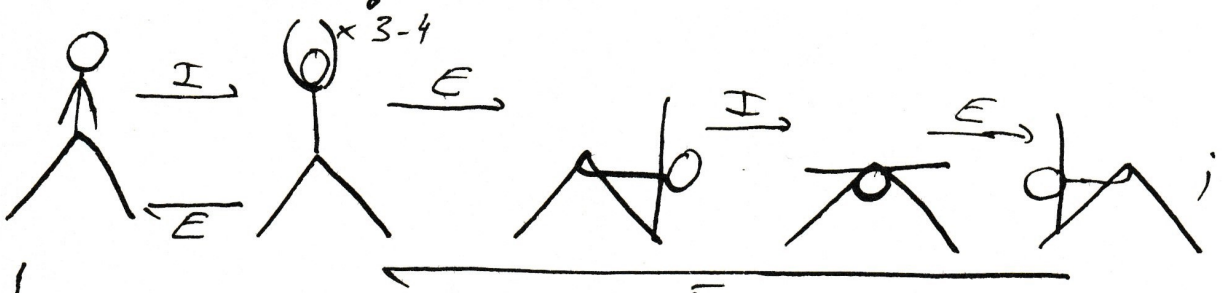
②



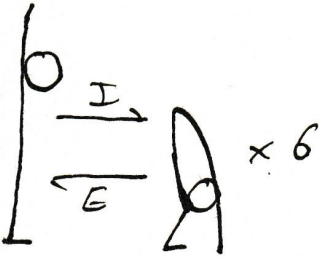
③



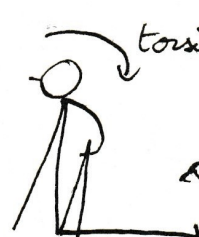
④



⑤



⑥



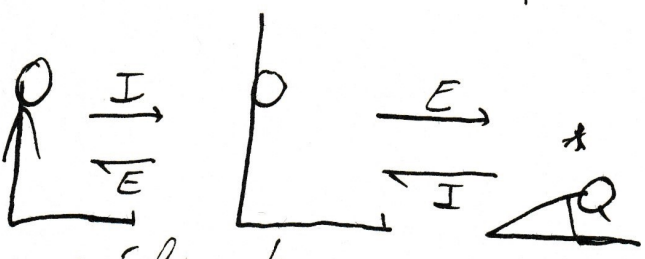
torsion à 6

CC

2 0, 0, 1, 2, 3, 4 R°

ardha matasyendrasana

⑦

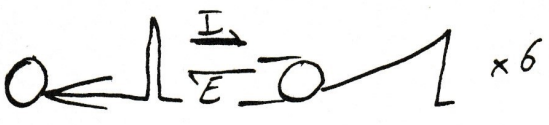


\* dyn x 4

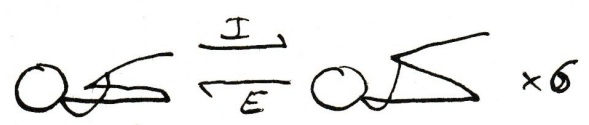
\* 4-5 R° stat.

paschimatanāsana.

⑧



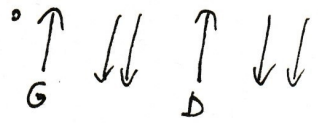
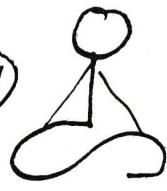
⑨



⑩



⑪



x 8-12.

• accueil.