


F. BRUN 2020

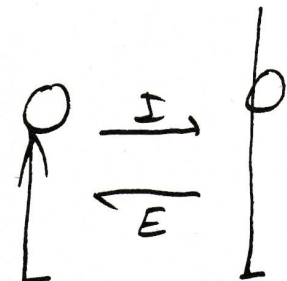
Téléyoga 15/18 avril 2020

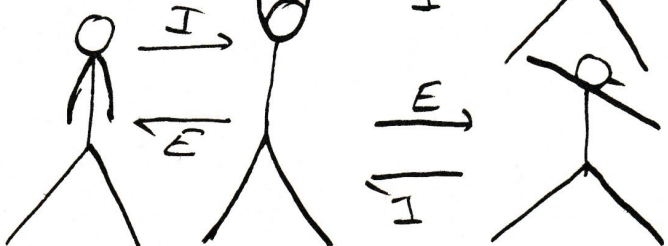
10h00

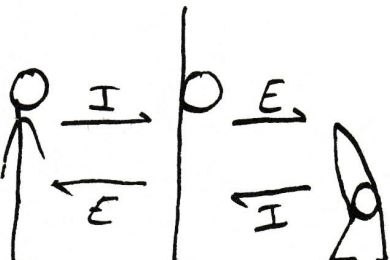
Découvrir le yoga.

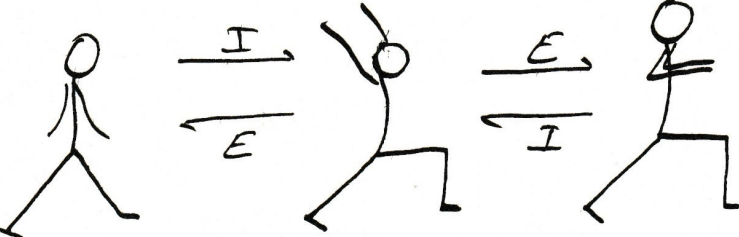

"Conscience du corps et de la R°"

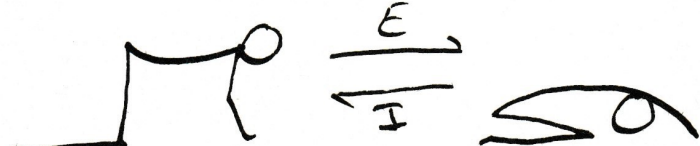
① 
 • mot libre
 • appui du corps et centre de gravité
 • prise de conscience R°


②  x 6

③  x 5 CC alt

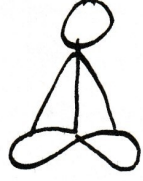
④  x 6

⑤  x 4 CC ;  1'

⑥  x 6 fluidité du mot.

⑦  x 6 ↑ monter progressive 1, 2, 9, 9 ans 10, 20 ans puis en haut

⑧  5'

⑨ 
 • assise
 • observation R
 • ↑ ↓ ↑ ↓ x 6-8
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