
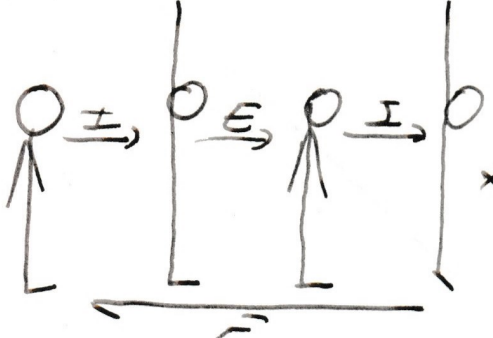
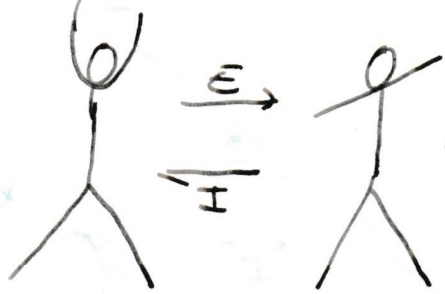
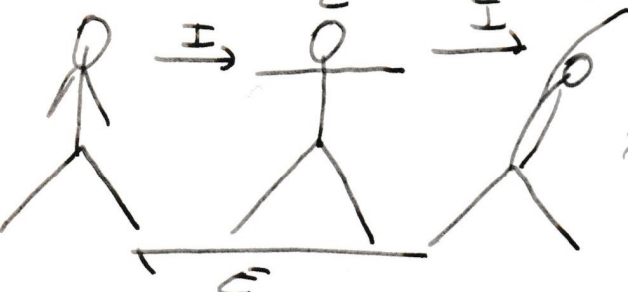


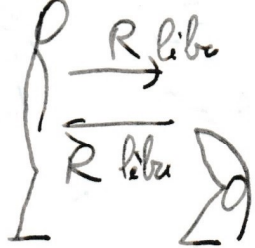
"torsion assise, attention au système digestif"

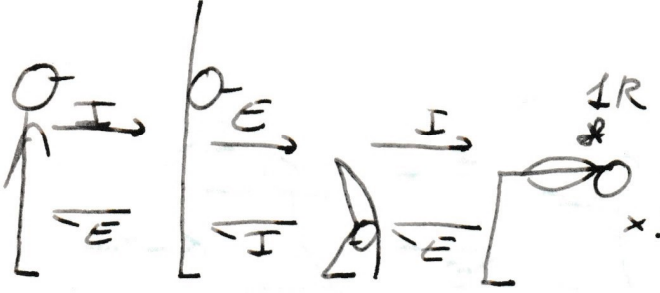
①  . multilibre
 . main sur abdomen
 . conscience R°

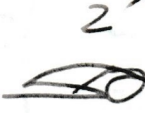
②  x6

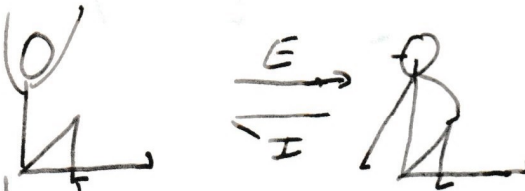
③  x6 CC alt.


④  x6 CC alt

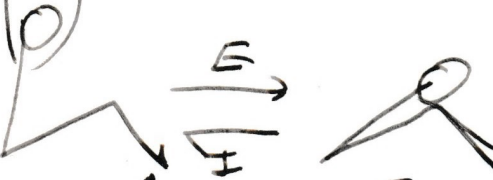

 x3 .


⑤  x5

 2'

⑥ PP  x6-8 CC stat progressio. 0,0,1,2,3,4,44

torsion du côté de la jambe pliée
 dos

⑦  x6 , tendre les jambes ;  1'

⑧  x6

⑨  5'

⑩  . I
 . E, "mm" } x12 intensité, puis
 . se tourner vers soi, accueillir