


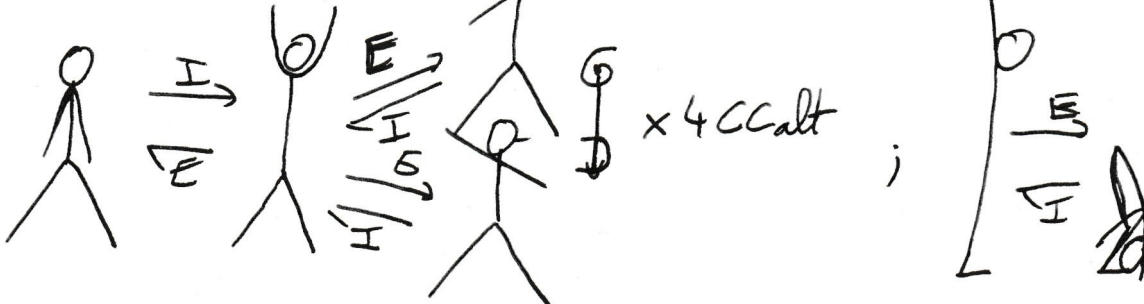

9 janvier 2021

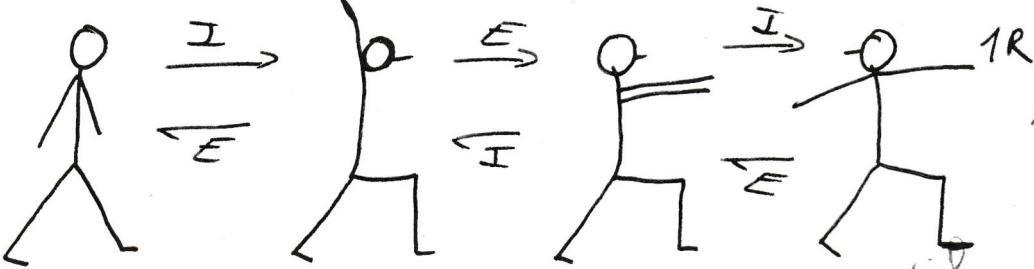
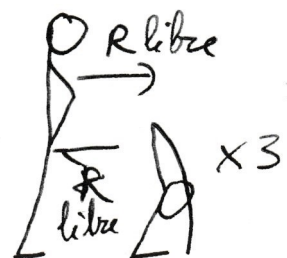
①  o mot libre  
 • Conscience appuis  
 • Conscience R°

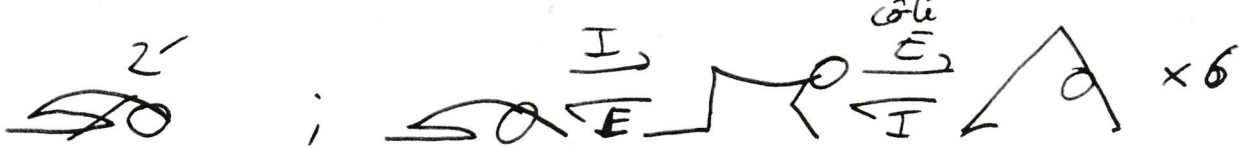
"ouverture de thorax et sollicitation du dos"

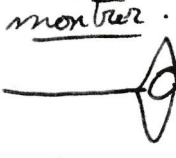
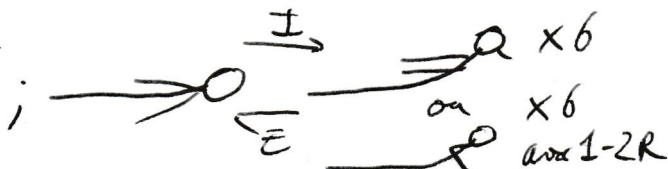
②  x 6

③  x 6

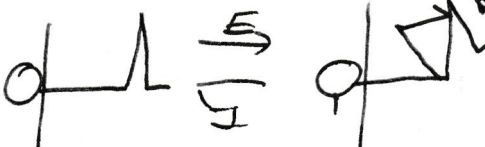
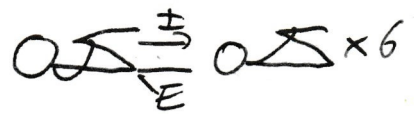
④  x 4 CC alt ;  x 4

⑤  x 4 CC ;  x 3

⑥  x 6

⑦ & monter.  R° : I - thorax  
 E + pelvis ;  x 6

⑧  x 6

⑨  1R. torsion avec pied opposé sur genou ;  x 6

⑩  5'

⑪  x 12

1/ projet pour l'année qui débute  
 idée / pensée et se sentir dans.