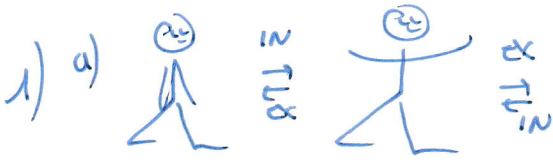
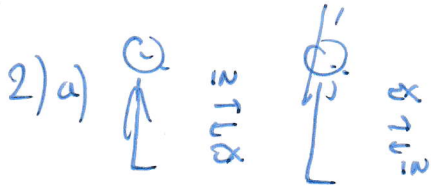


Thème : l'inversion



torsion chaque côté

• alterner avec a)
ajouter +1R dans la flexion avant



-

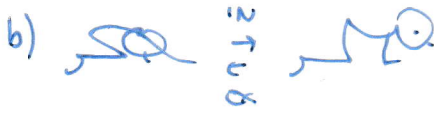


+1R

2 TLX



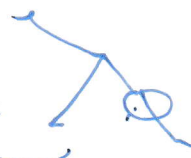
2 TLX



2 TLX

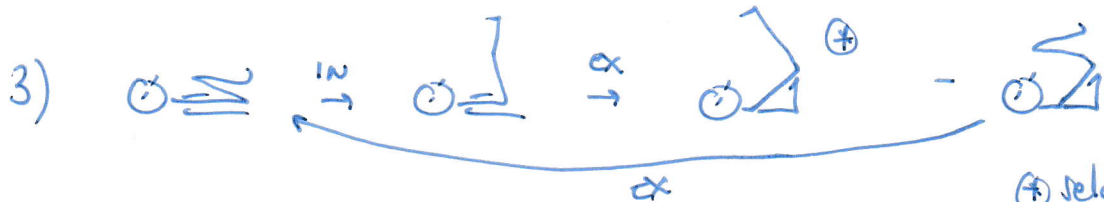


2 TLX



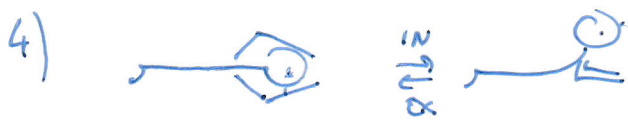
rép. par l'autre jambe

① observation

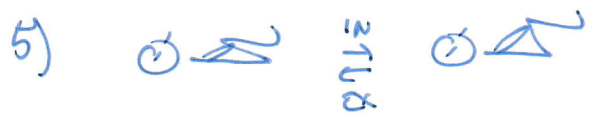


⊕ selon ressenti :
+ 4-6R

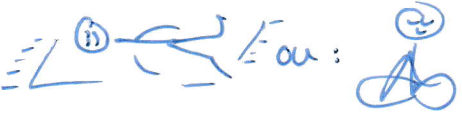
① observation



• qq fois, progressivement dans l'ouverture



• plusieurs fois
• allonger l'EX ⇒ EX > IN



• présence
• gratitude

