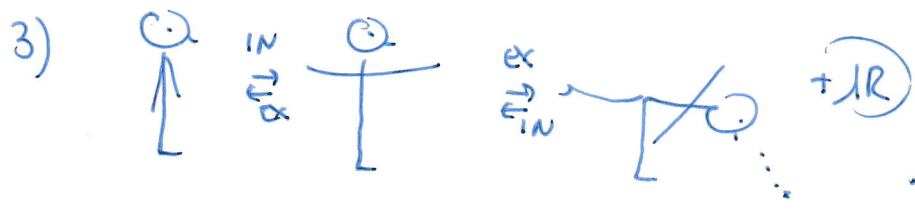
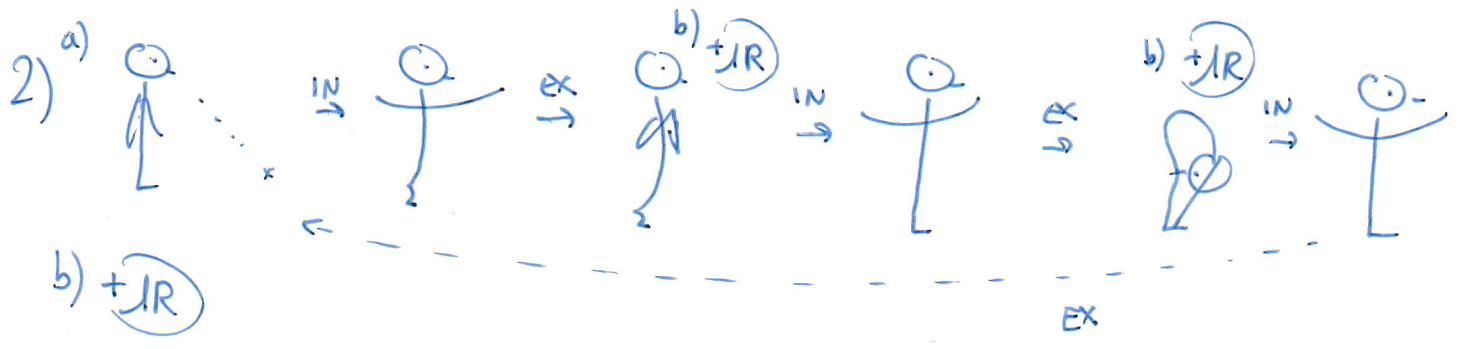


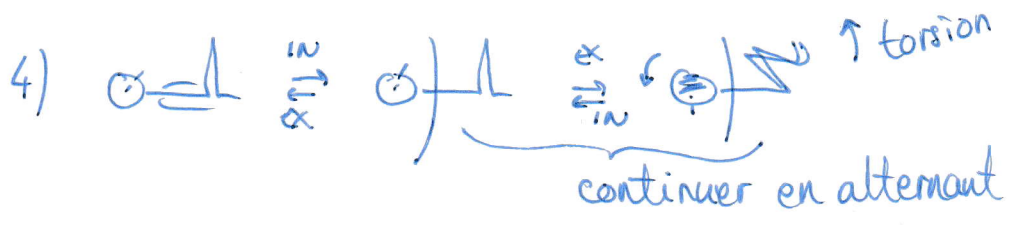
Thème : Equilibre 1

installer respiration ample et présence

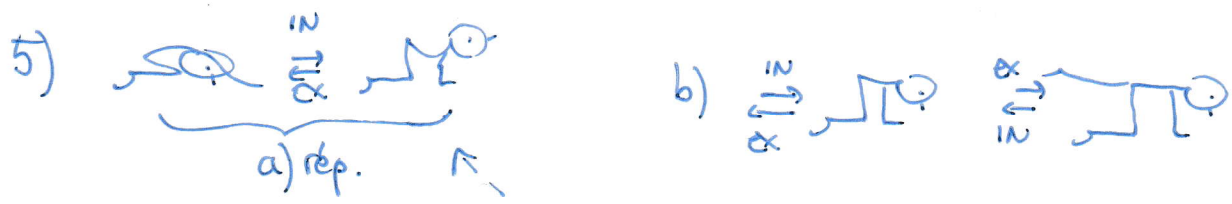


- alterner côté
- jambe qui porte = force + souplesse
- ancrage

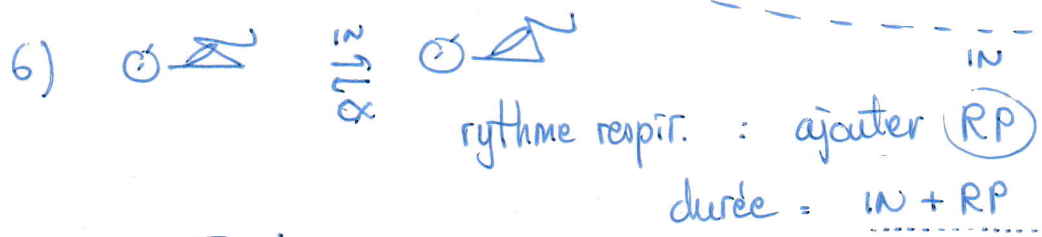
⊖ = L repos - observation



• dernière répétition : +1-2R (circled)



c) ajouter : IN → stick figure lying on its back. EX (circled)



- proche du souffle, Énergie de Vie
- gratitude ☺