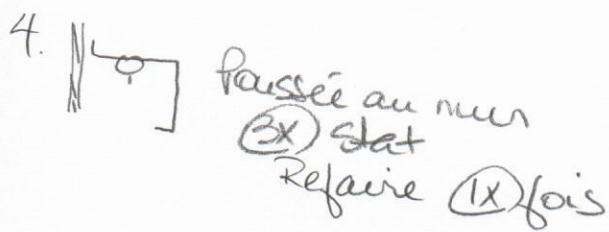
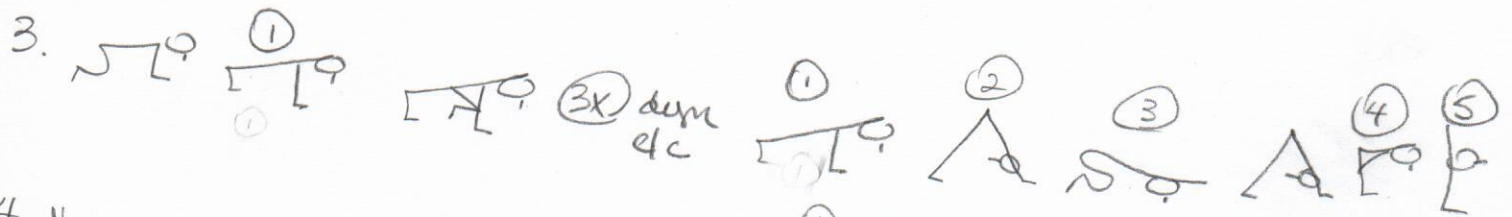


Séance 12 mai 22

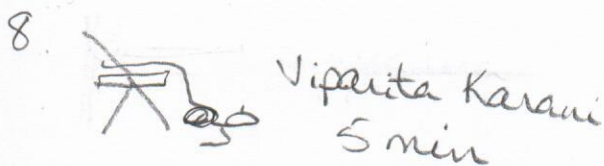
Je ressens l'ouverture du haut du corps.



- ① Uttita Chatuanga Dandasana
- ② Ado Mukha Swanasana
- ③ Balasana
- ④ Ardha Uttanasana
- ⑤ Udhva Hastasana



Utkatasana



Emphases

- 1) Alignement Tadasana
- 2) Rotation externe humerus
- 3) Cotes flottantes neutres