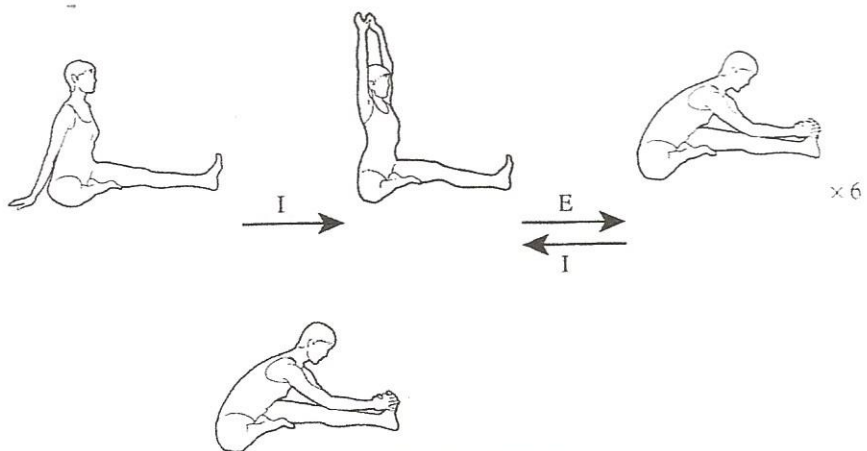
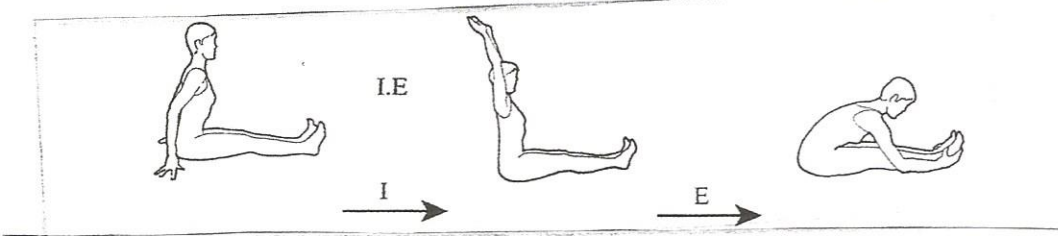
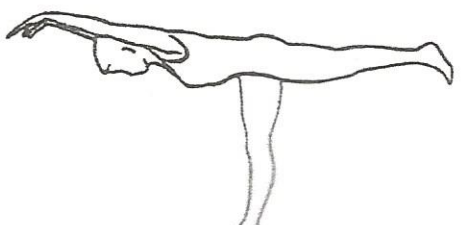
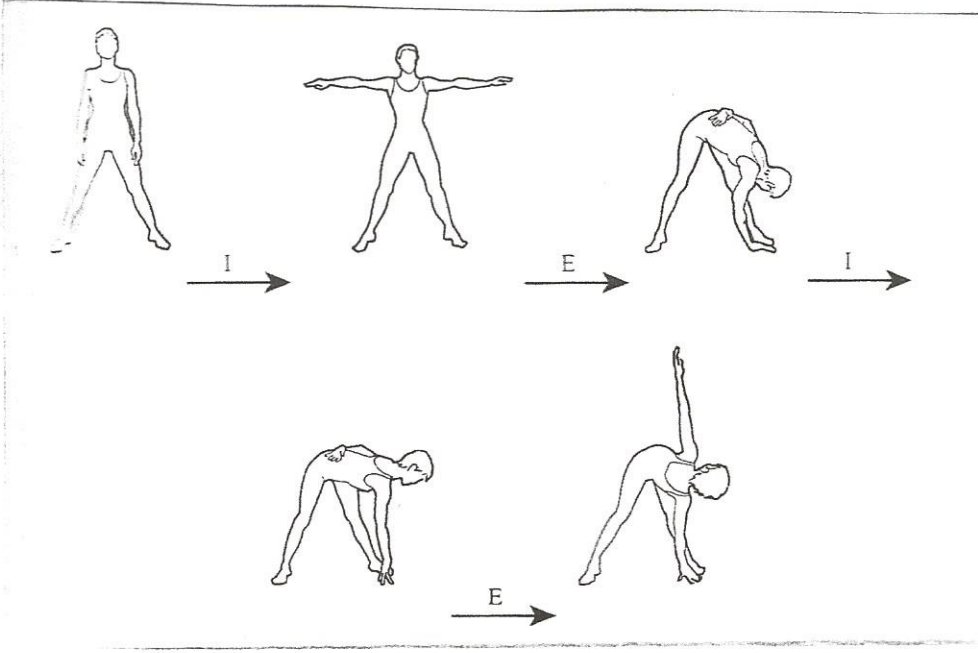
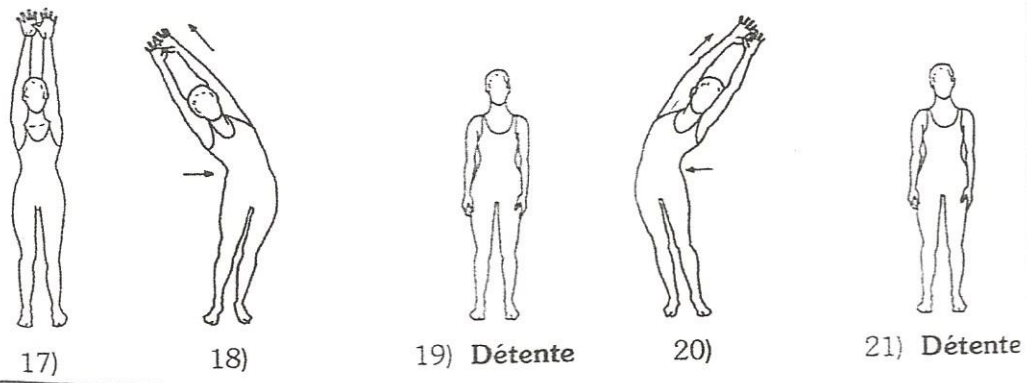


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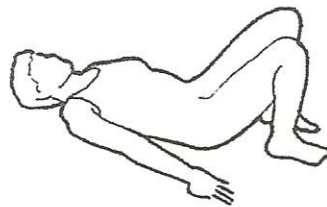
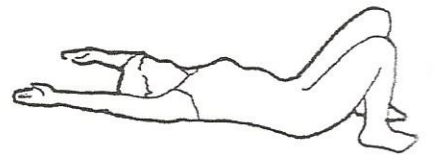
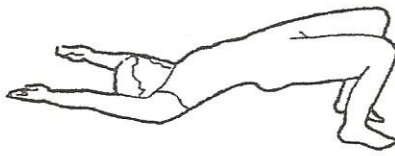
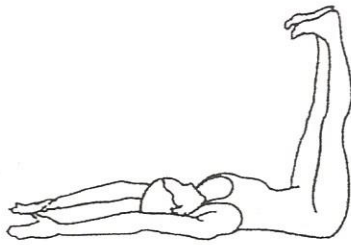


Etirement latéral de la colonne vertébrale, à gauche puis à droite

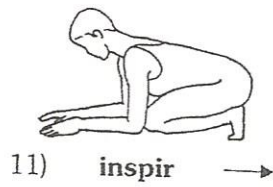


~~progression~~. Le souffle est l'ami du chemin. Accepter ses limites. Pour plus de stabilité, on pourra très légèrement fléchir le genou de la jambe d'appui. La lenteur et la patience seront au service du yoga.

Lâcher le désir, aller à l'essentiel : la forme juste de l'instant.



Enchaînement respiratoire pour l'éveil de la colonne vertébrale



11) inspir →



12) expir →

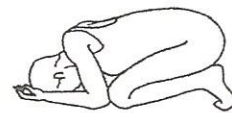


13) inspir →



14)

→ expir

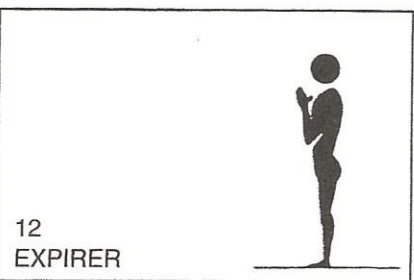
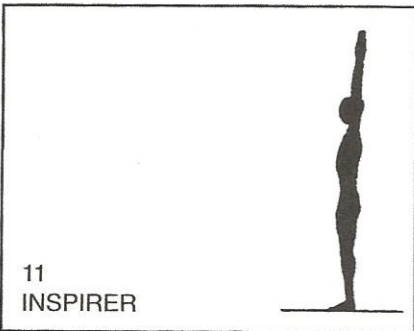
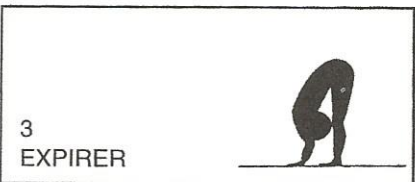
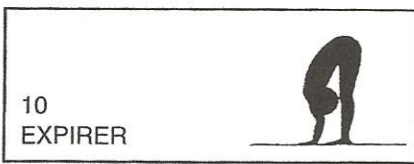
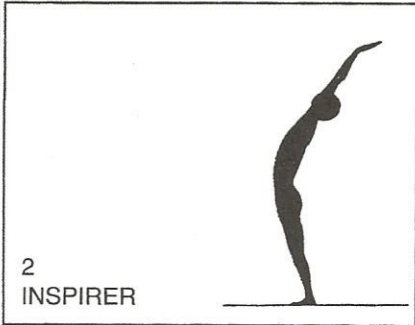
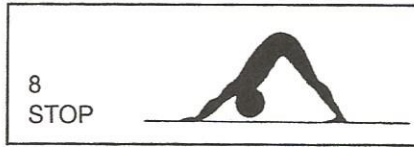
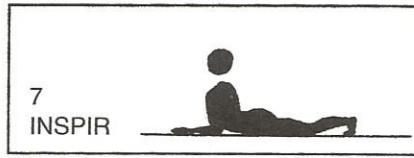
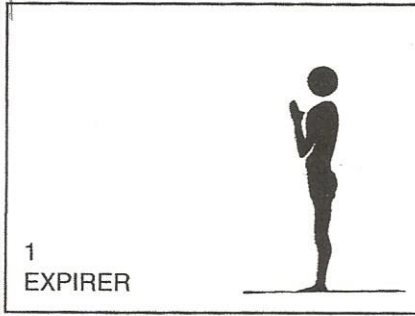


15)



16) Détente

Résumé de la salutation au soleil avec respiration



Salutation au soleil inspirée de l'enseignement de l'Asram de Rismikesh
(illustration dans *J'apprends le yoga* d'André Van Lysebeth)