
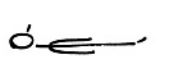


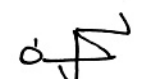
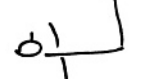




1.  OBS ; Imaginer mentalement  $\frac{I}{E}$  x6
 Quelle incidence sur la resp? Sur les sensations?
 Puis le faire physiquement 1 seule fois
 Répéter 2 ou 3 cycles.



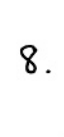
2.  $\frac{I}{E}$  Statique prog.
 1R ; 2R ; ... ; 5R



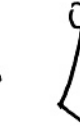
3.  $\frac{E}{I}$  1R ; 2R ; ... ; 5R

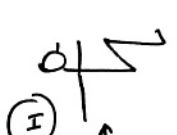

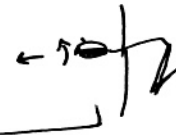
4.  $\frac{I}{E}$  Alt. 1x mentalem^t / 1x physiqm^t

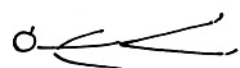
5.  idem 1
 6x mentalem^t } x3
 1x physiqm^t }
 puis  (3R)
 Repousser les mains
 pr trouver la direct° de
 la tête et de l'allongem^t
 de la CV.

6.  $\frac{I}{E}$  $\frac{E}{I}$  x4 à 6

7.  $\frac{I}{E}$  $\frac{E}{I}$  x4
 D/6

8.  $\frac{E}{I}$  $\frac{I}{E}$  x4
 * Visualiser
 la post avt
 de la faire

9.  $\frac{E}{I}$  $\frac{I}{E}$  1R ; 2R ; ... ; 5R + CP


 Scan des pieds à la tête



Compter longueur INSP et EXP
 Equilibrer les 2 longueurs x12