
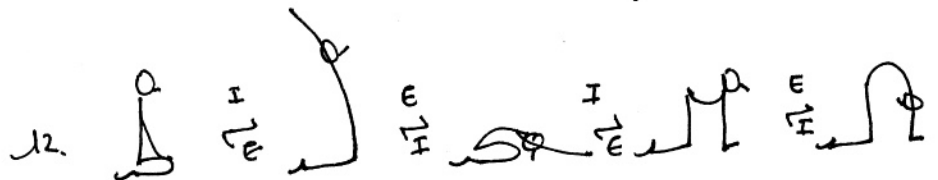
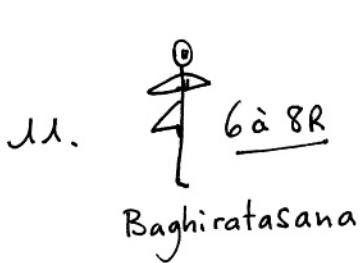
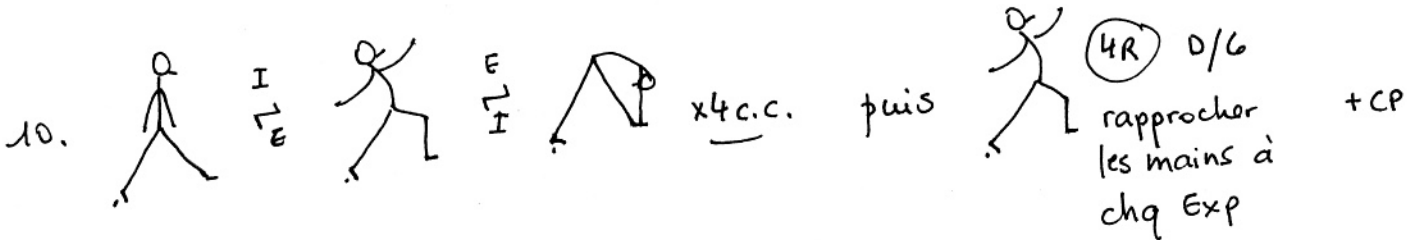
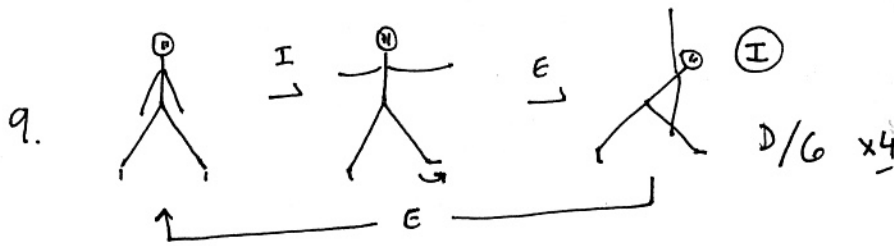
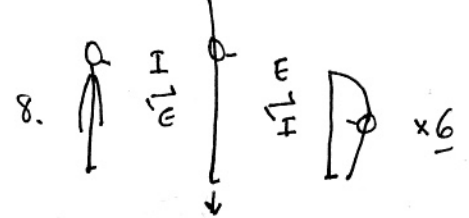
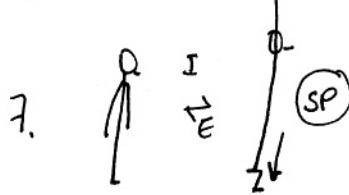
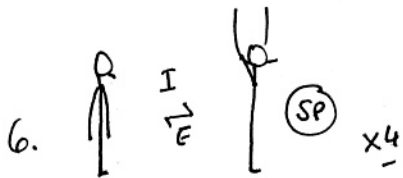
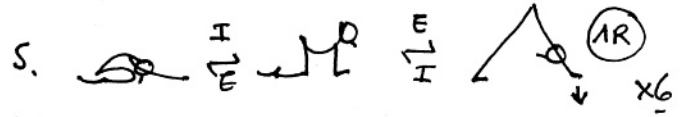
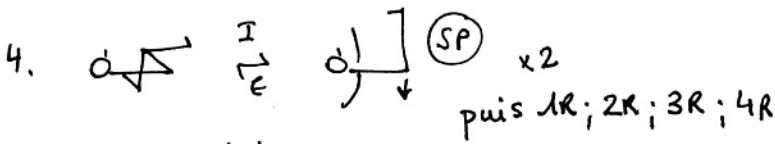
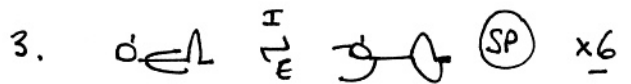
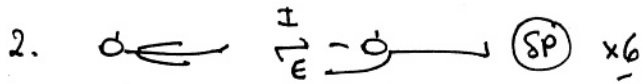


1.  BHĀVANĀ = . A l'INSP : dans les SP (suspensions à plein) ou sur les fins d'Insp. chercher l'ancrage au Sol, donner du poids, relâcher dans le Sol

. A l'Exp : allonger la colonne, reconstruire l'axe



 Détente du visage

