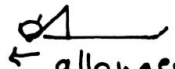
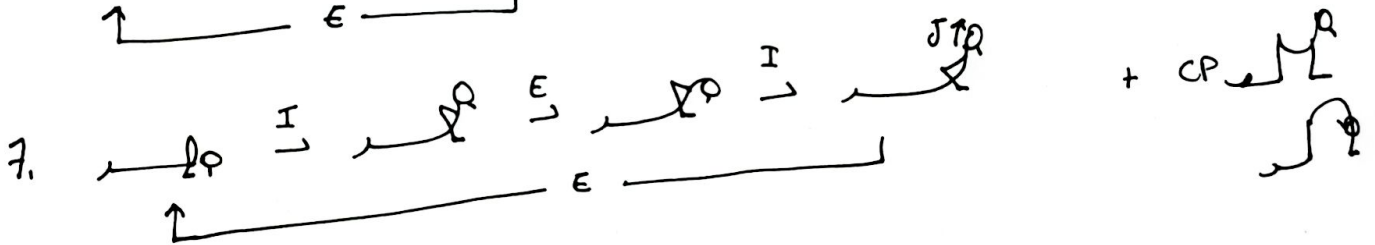
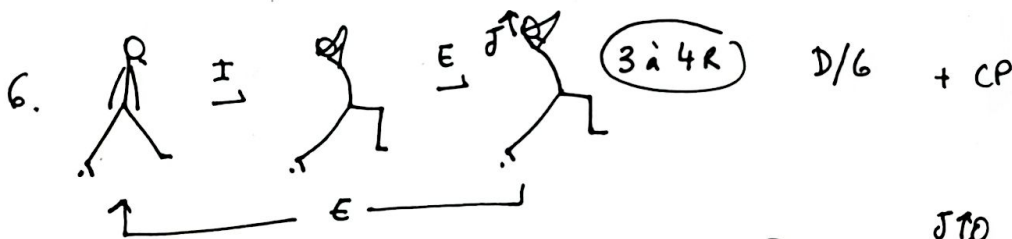
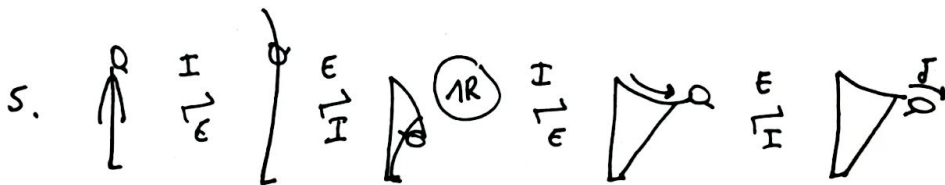
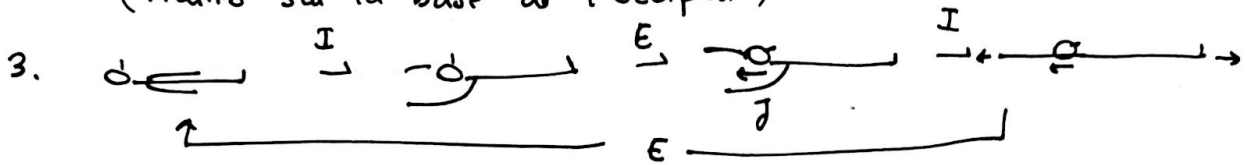



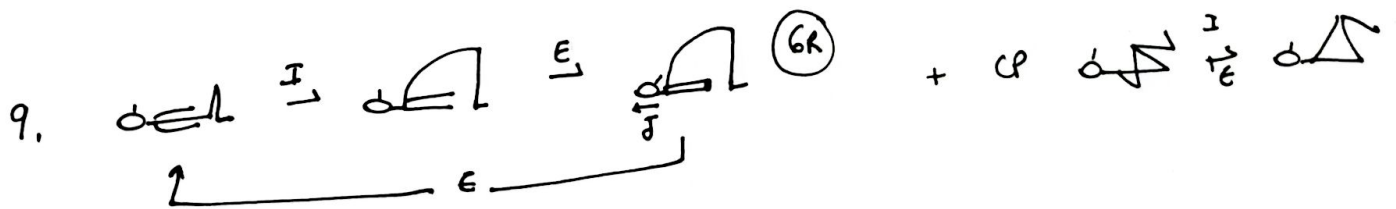
S3 SEANCE 6


1.  Déposer puis rouler la tête à droite et à gauche

2.  ← allonger la nuque = JALANDHARA
(mains sur la base de l'occiput)



8.  (6R) D/6 + CP rotation épaules
Garudāsana
"l'aigle"



10.  D/6 + rouler la tête D/6



SITALI
"Resp. rafraîchissante"

(12R)