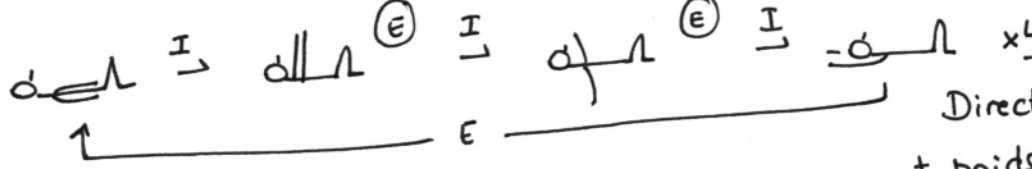
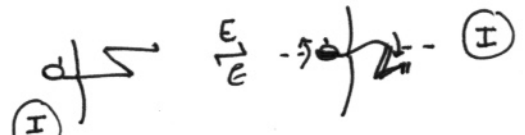
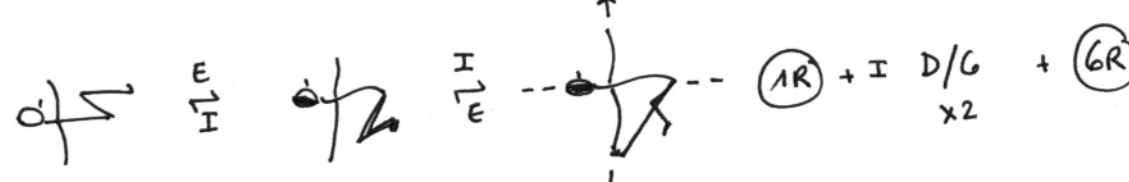


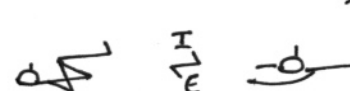
1.  Se relier à la resp. puis se déposer dans le sol


2.  Direction des mains + poids des épaules

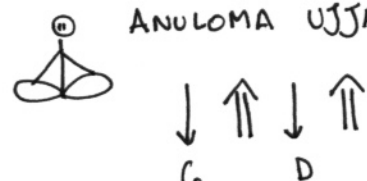
3.  Rouler sur le sacrum

4.  D/G Pivoter autour de l'axe sans se décaler

5.  1R + I D/G x2 + 6R

CP 

 ANULOMA UJJAYI



↓ ↑ ↓ ↑

G D