



# La salutation au soleil

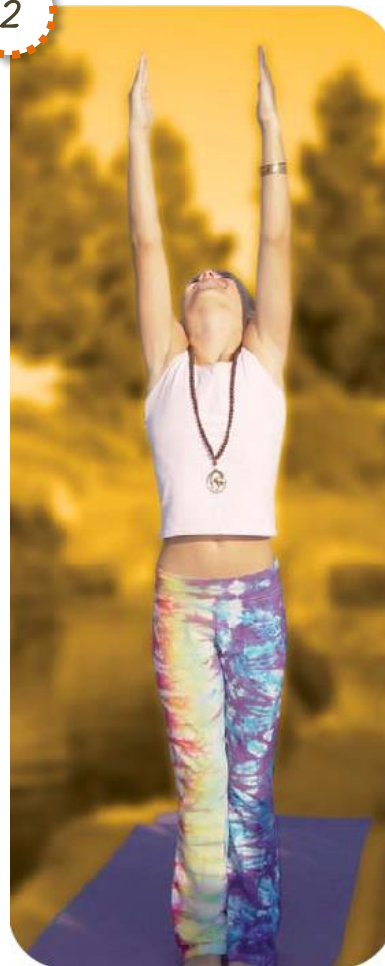
YOGA  
1

Inspirer

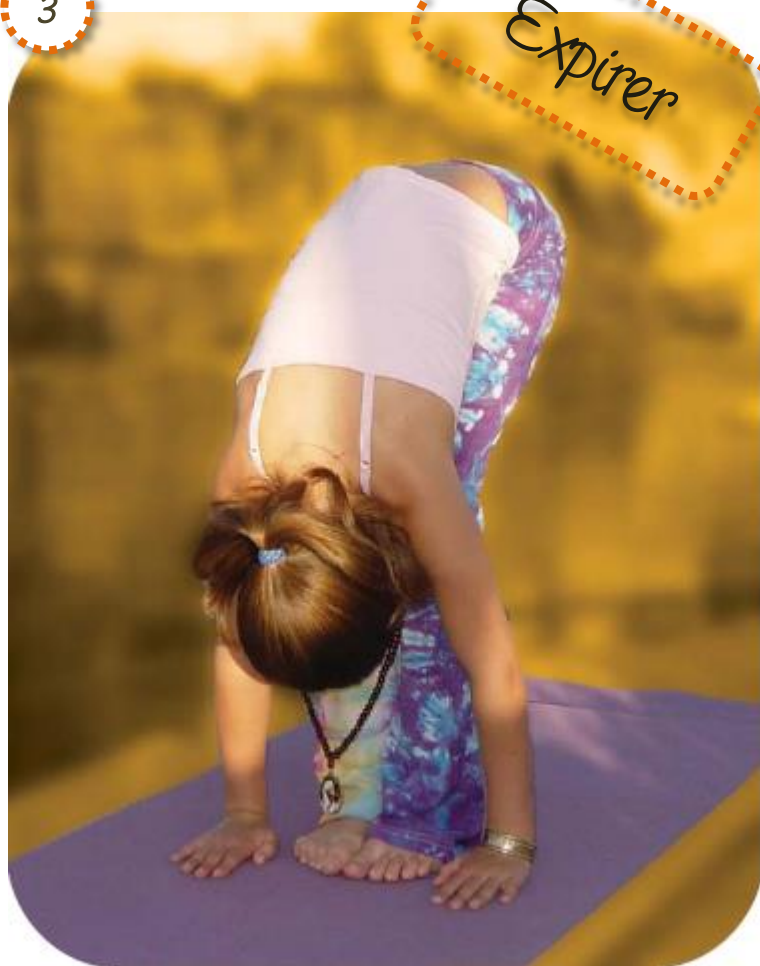
1



2



3

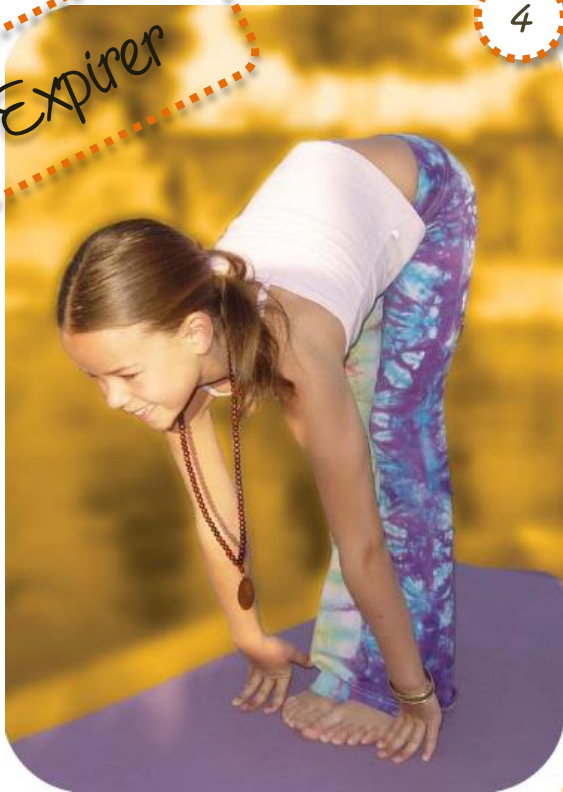


Expirer



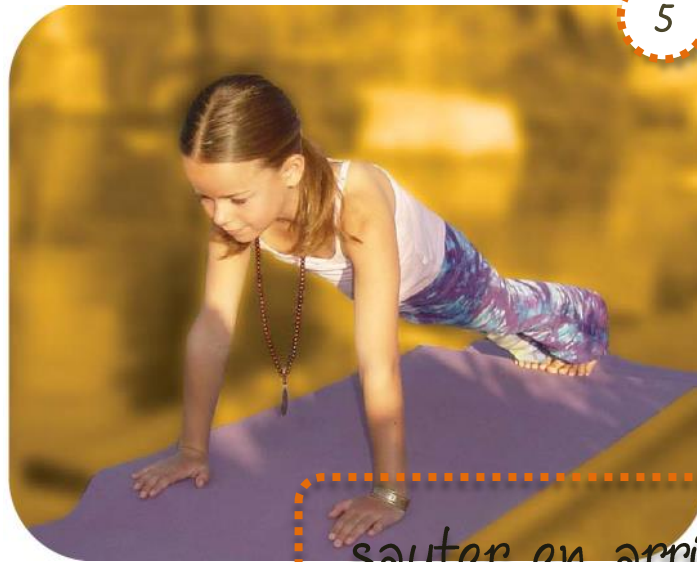
# La salutation au soleil

Expirer



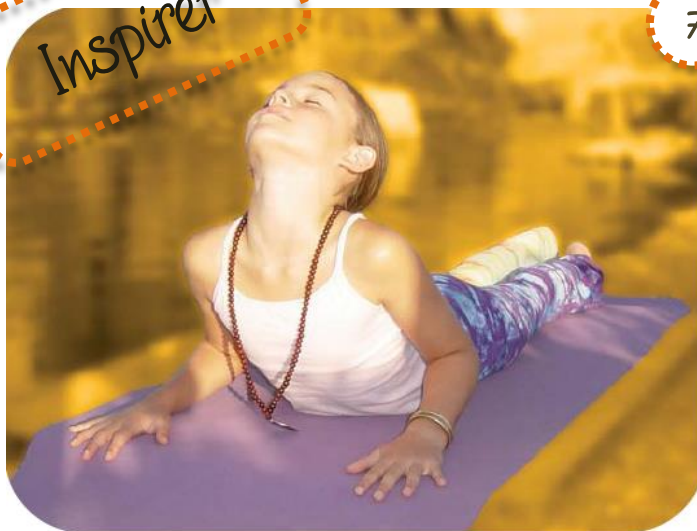
4

sauter en arrière



5

Inspirer



7

Expirer



6

YOGA

1

La salutation au soleil

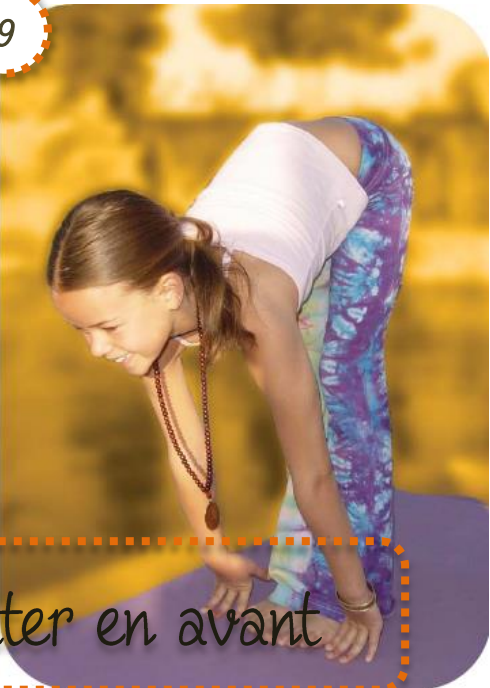


8



Expirer

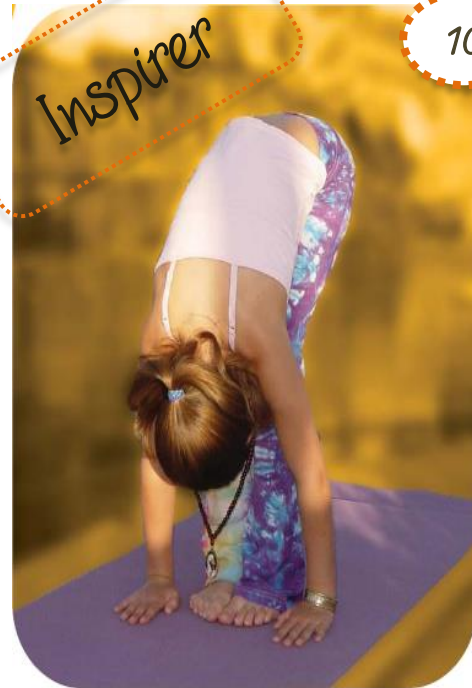
9



sauter en avant

Inspirer

10

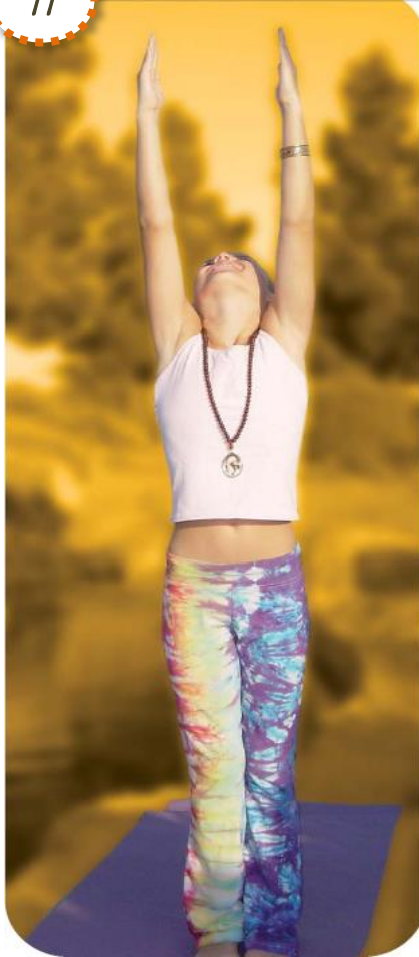




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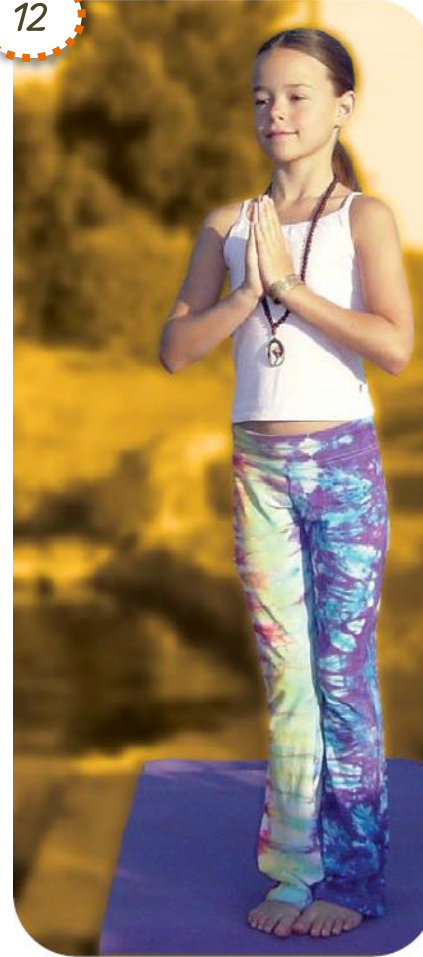
Inspirer

11



Expirer

12



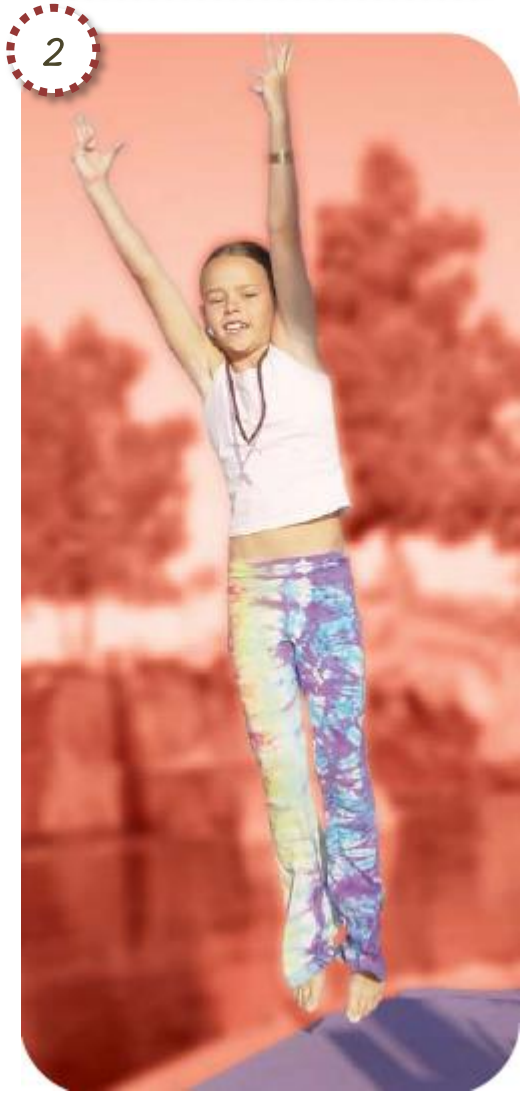
YOGA

1

Le saut du kangourou



Inspirer, sauter



Recommencer 8 fois

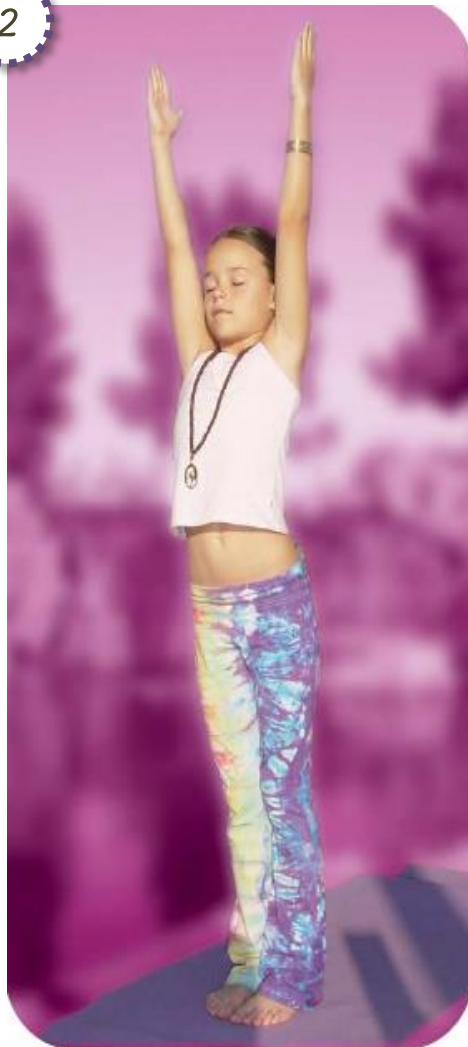
La posture de l'aigle



1

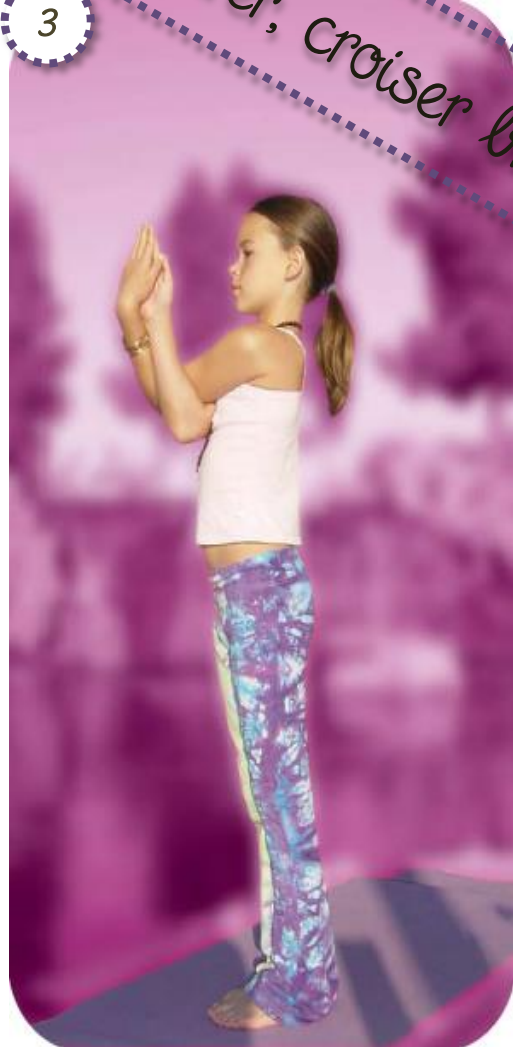


2



Inspirer

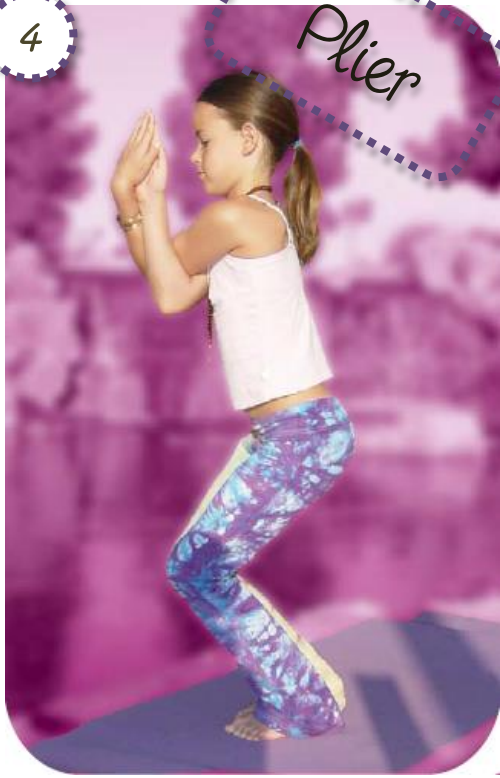
3



Expirer, croiser bras

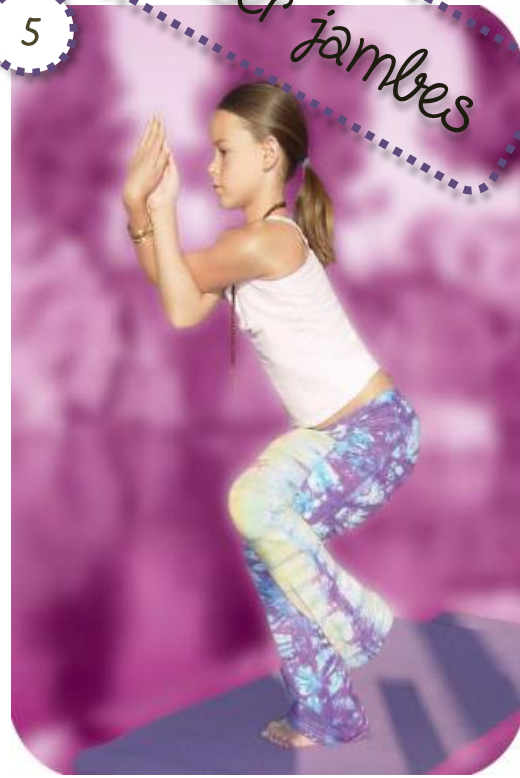


4



Plier

5



Croiser jambes

6



Inspirer, expirer



Dérouler jambes et bras

7



8

Recommencer de l'autre côté





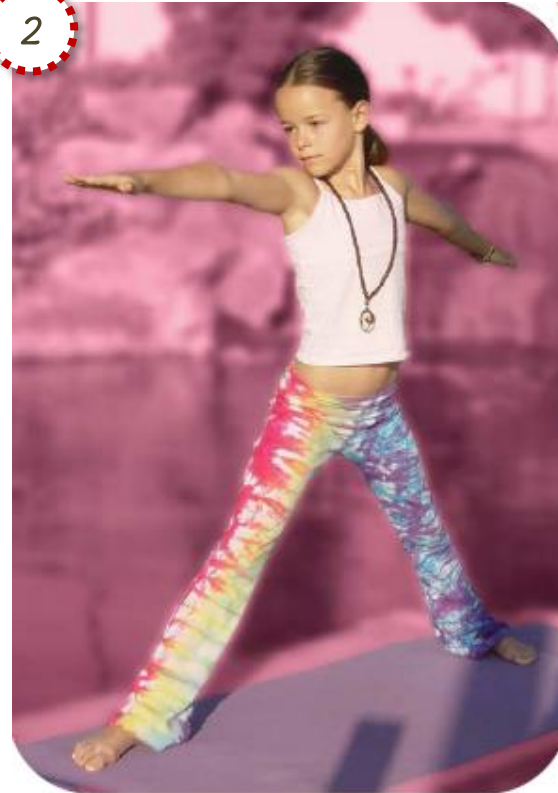


1

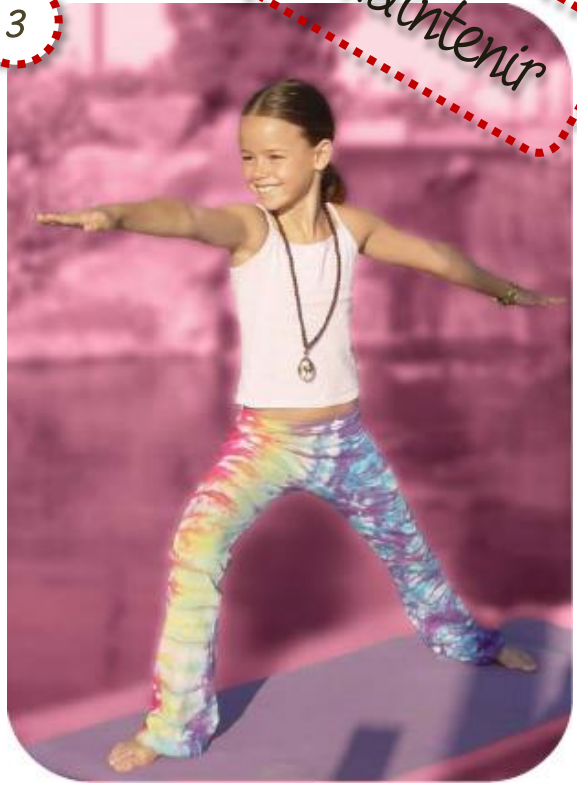


Inspirer

2



3

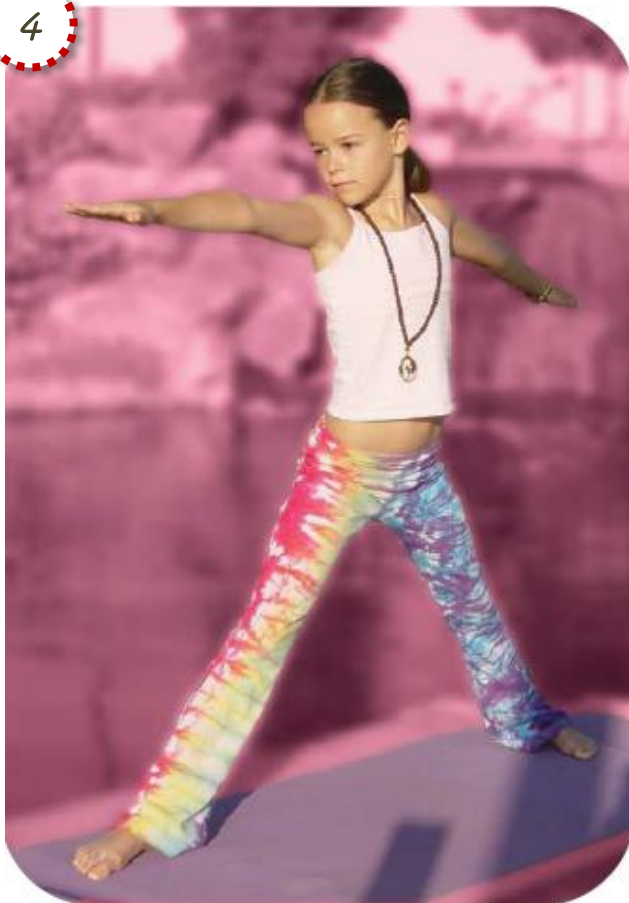


Expirer, plier, maintenir



Inspirer, redresser

4



5

Recommencer  
de   
l'autre côté

6





Lever main

Attraper cheville

1



2



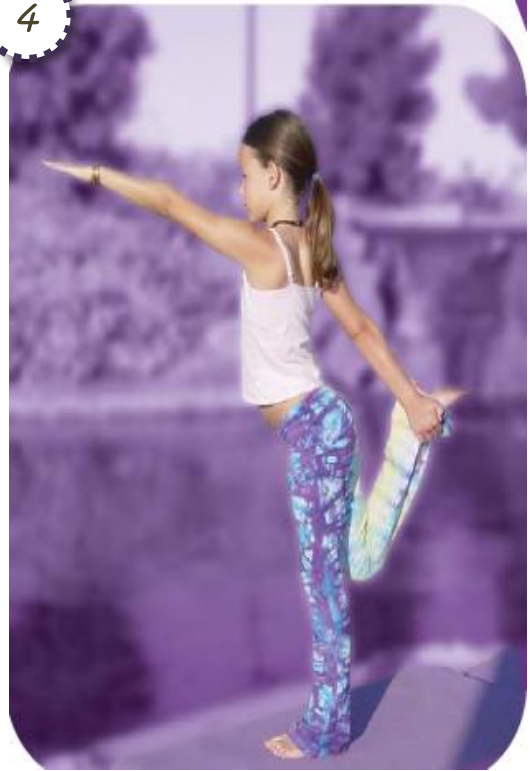
3





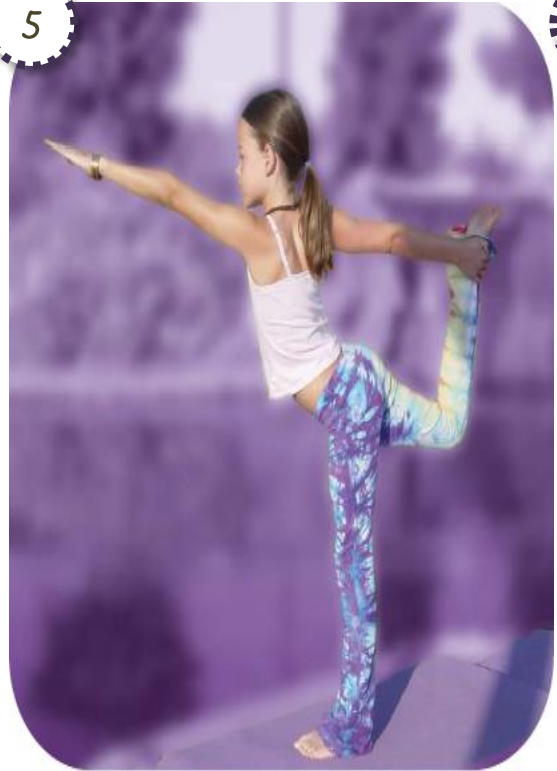
Expirer, lever cheville

4



Inspirer, lever bras

5



6



Inspirer, reposer

7

Recommencer  
de   
l'autre côté

La posture de l'arbre



1



2



3



Inspirer, expirer 5 fois



Recommencer autre pied

La posture du chat

1



Inspirer

3



2



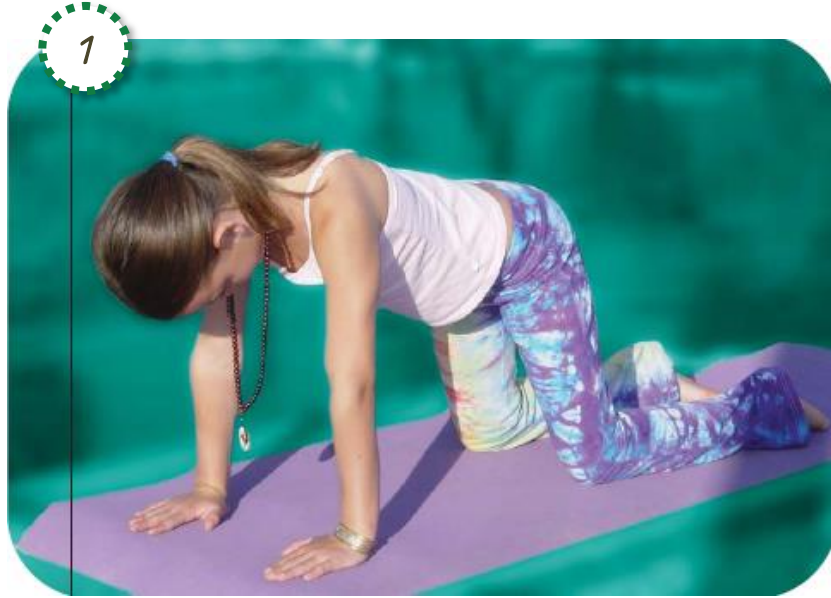
Expirer



Recommencer 5 fois



La posture du tigre





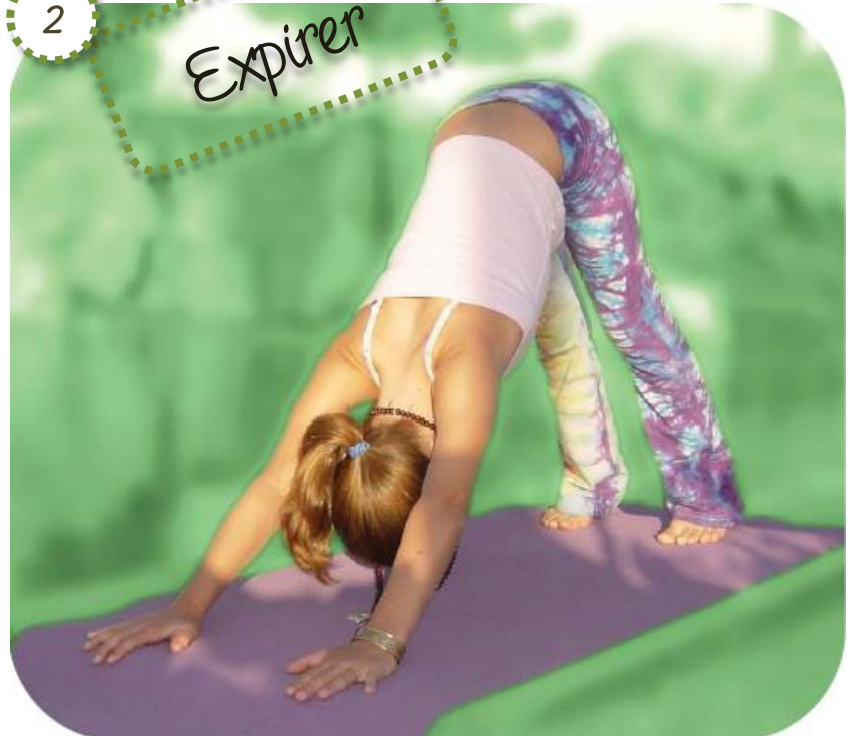
1

Inspirer



2

Expirer



3

Se déplacer dans  
cette position



La posture du cobra



1



2



Inspirer

3



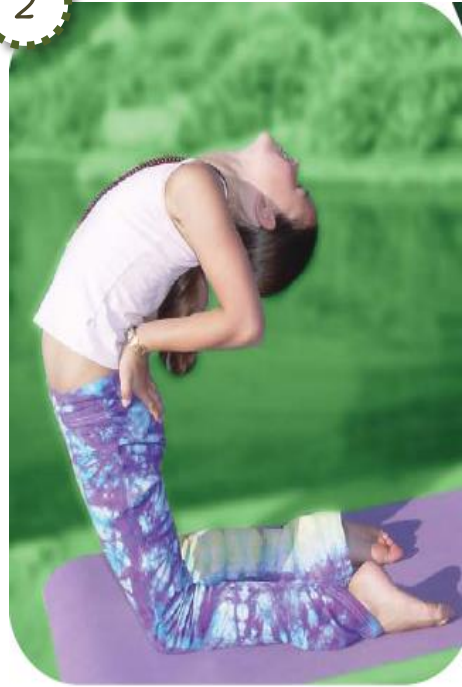
Expirer



1

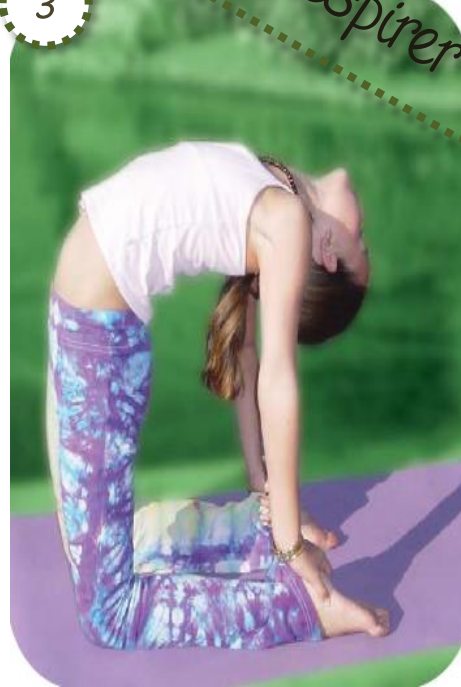


2



Inspirer

3



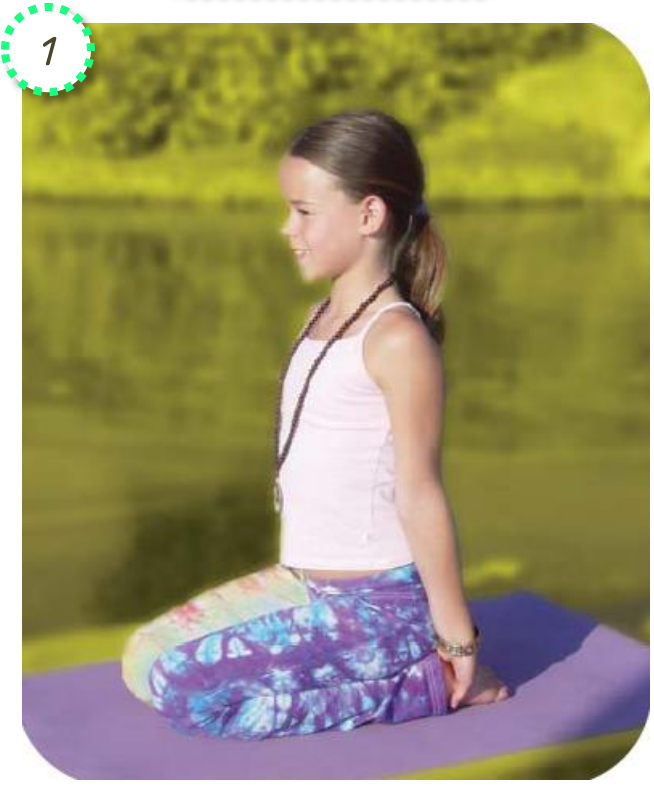
Respirer

4



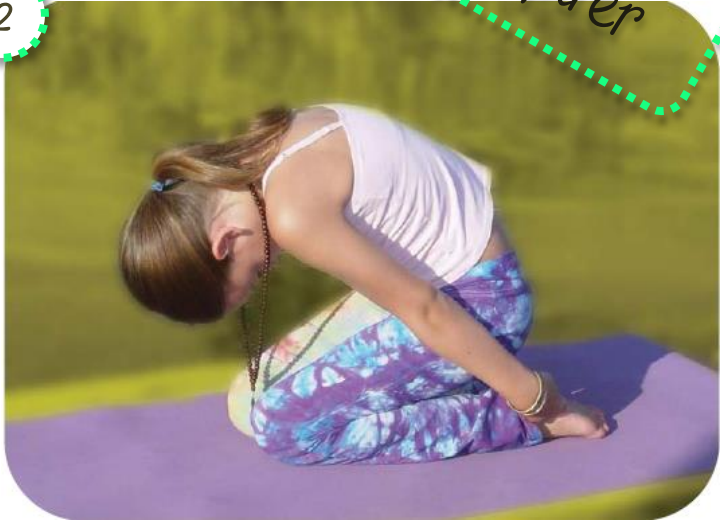
Se dérouler lentement  
avec précaution

La posture du lapin



Inspirer

2



Expirer

3



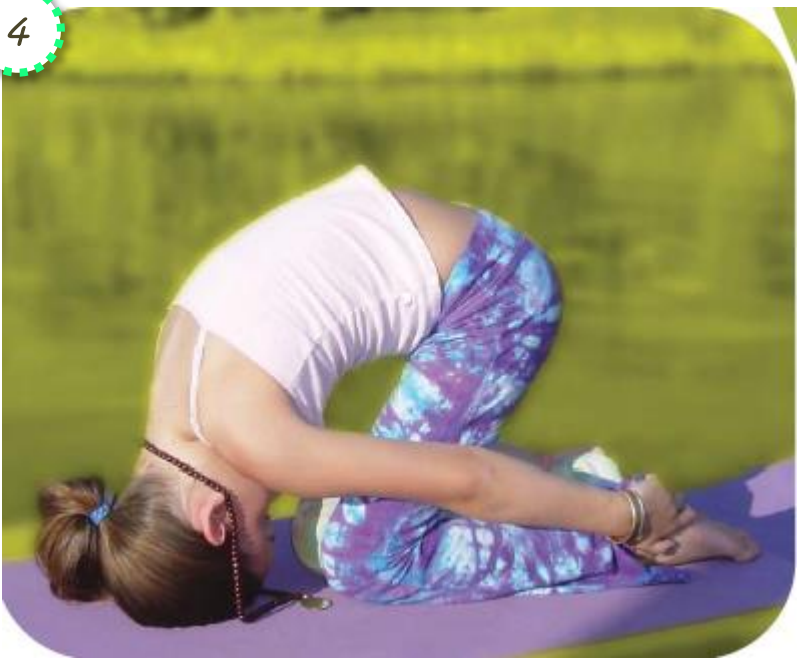
Descendre et toucher  
genoux avec front



# La posture du lapin

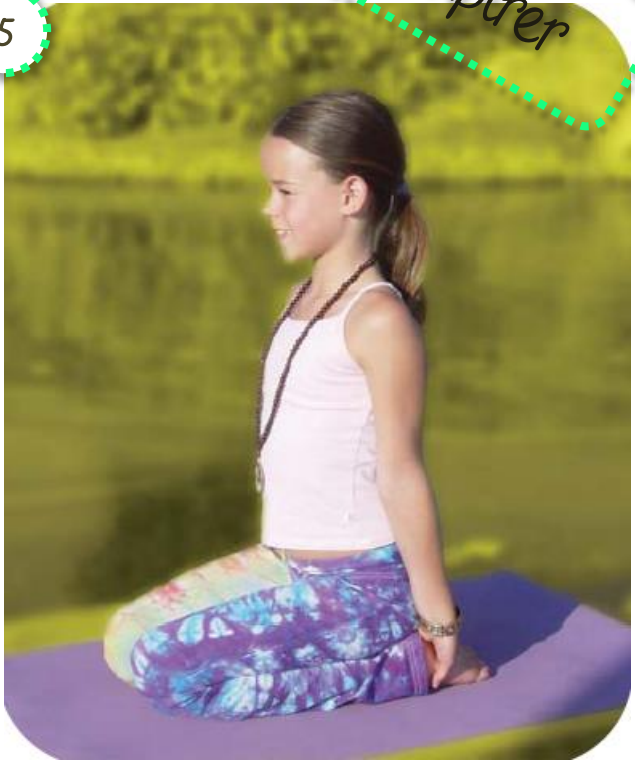
Respirer

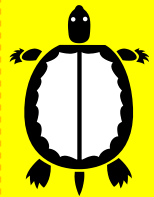
4



5

Expirer





Ecarter jambes

1



2

Se pencher et poser  
front au sol



3

Se redresser





Ecarter doigts, inspirer

1



Se pencher, expirer, tirer la langue

2





Inspirer

1



Se pencher, poser front au sol et bras, inspirer et expirer profondément

2

