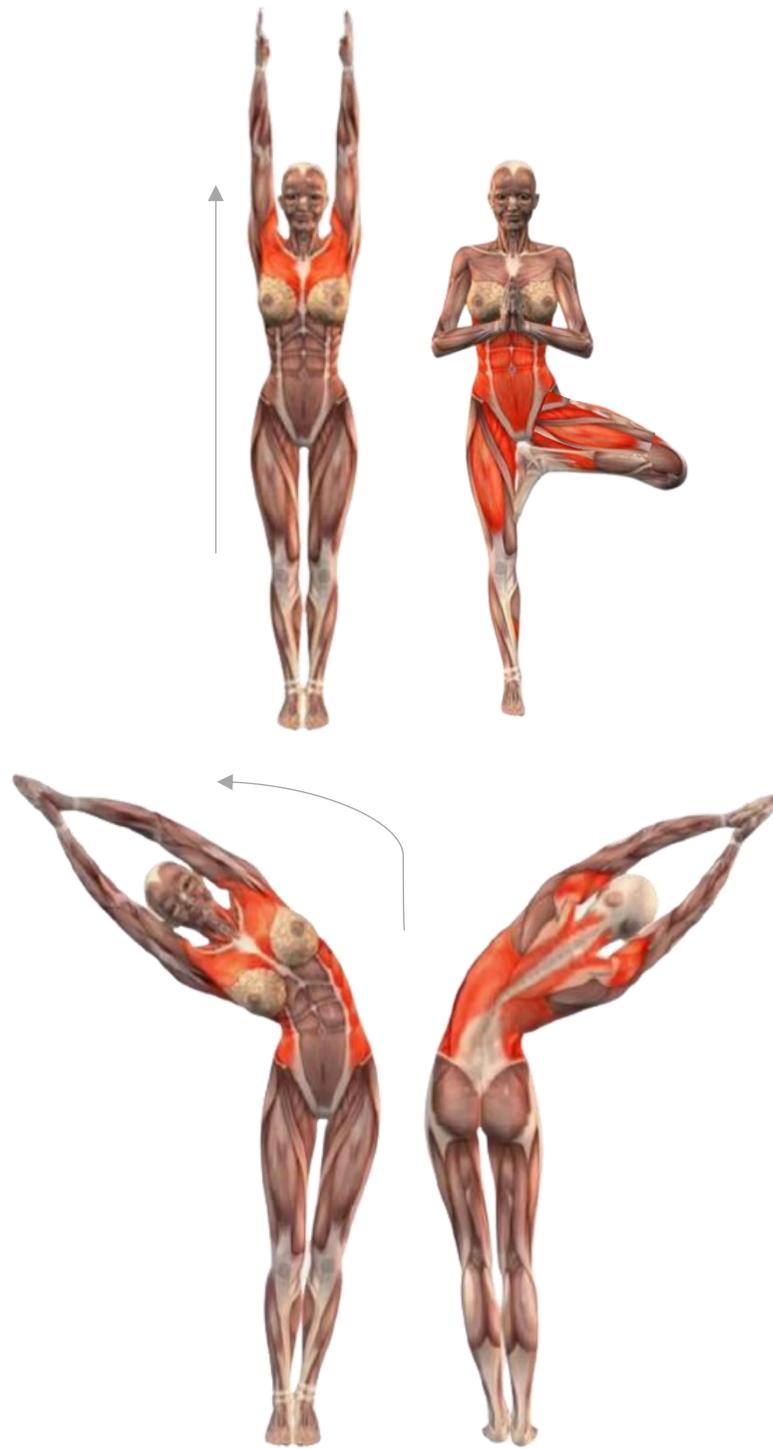
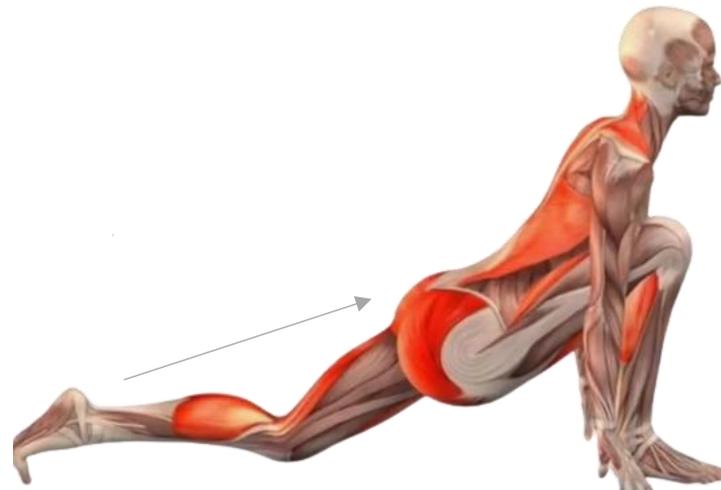
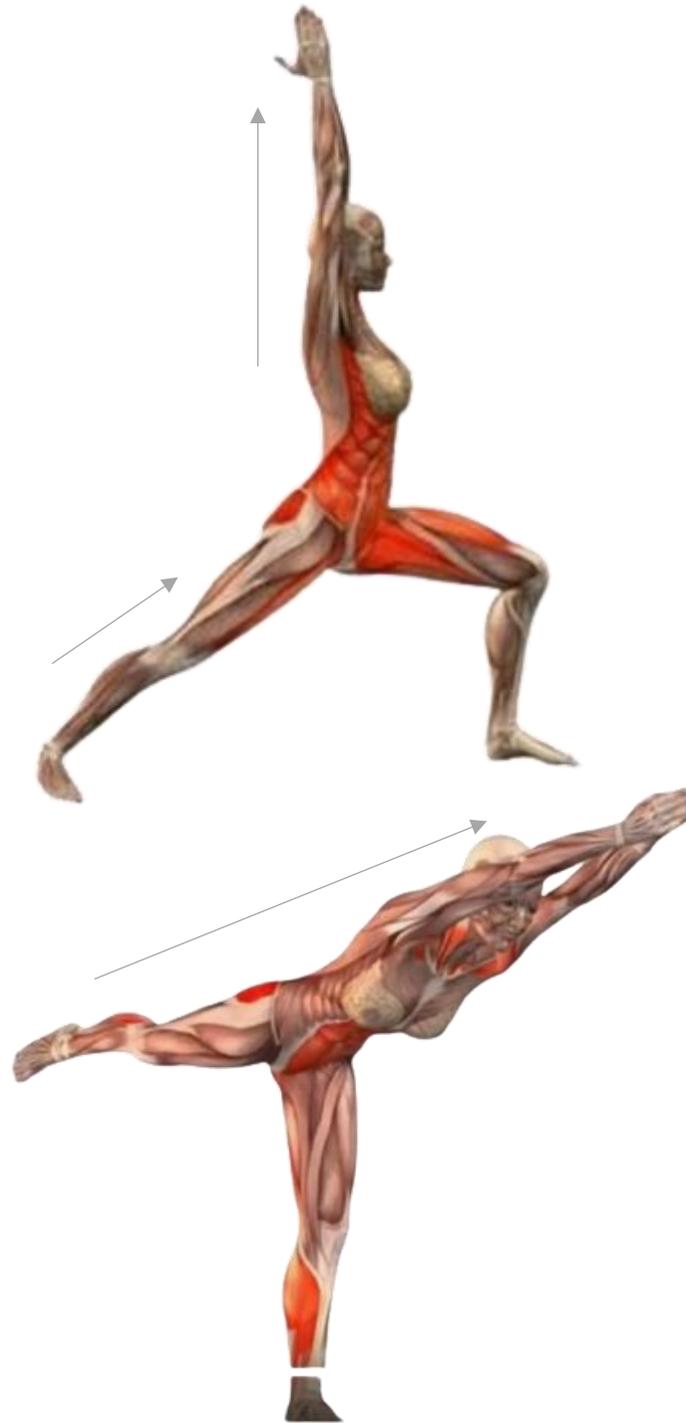


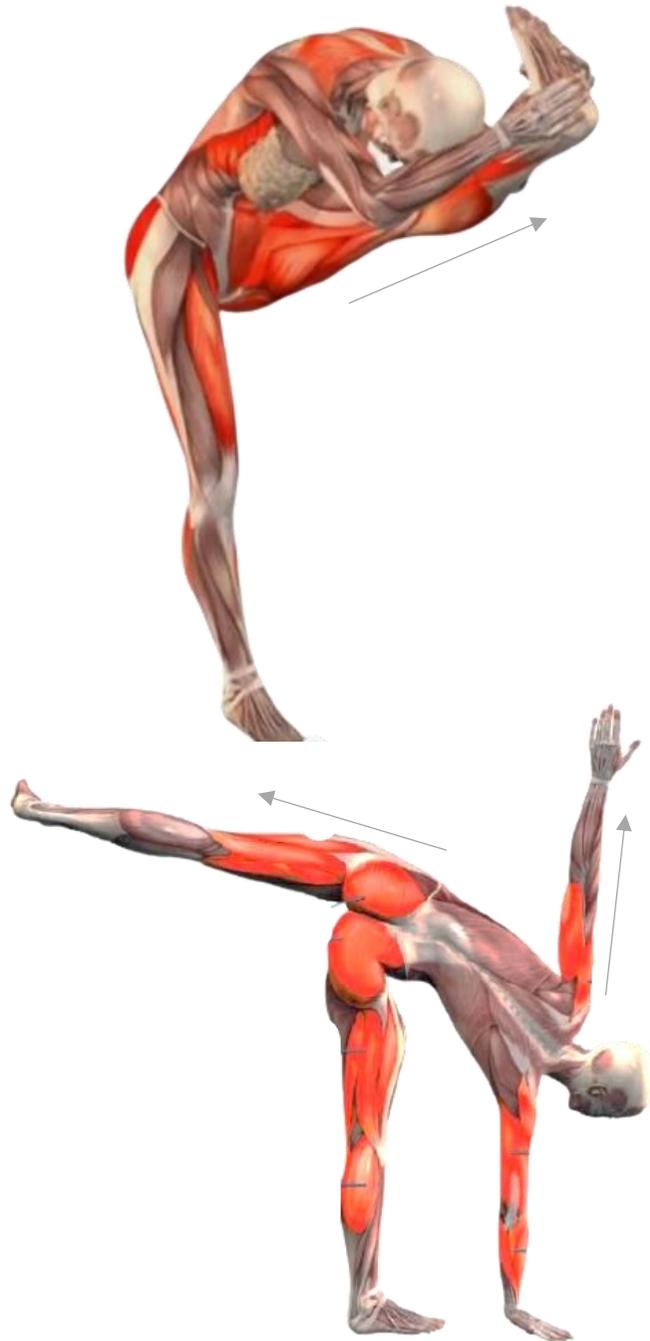
# TIGER

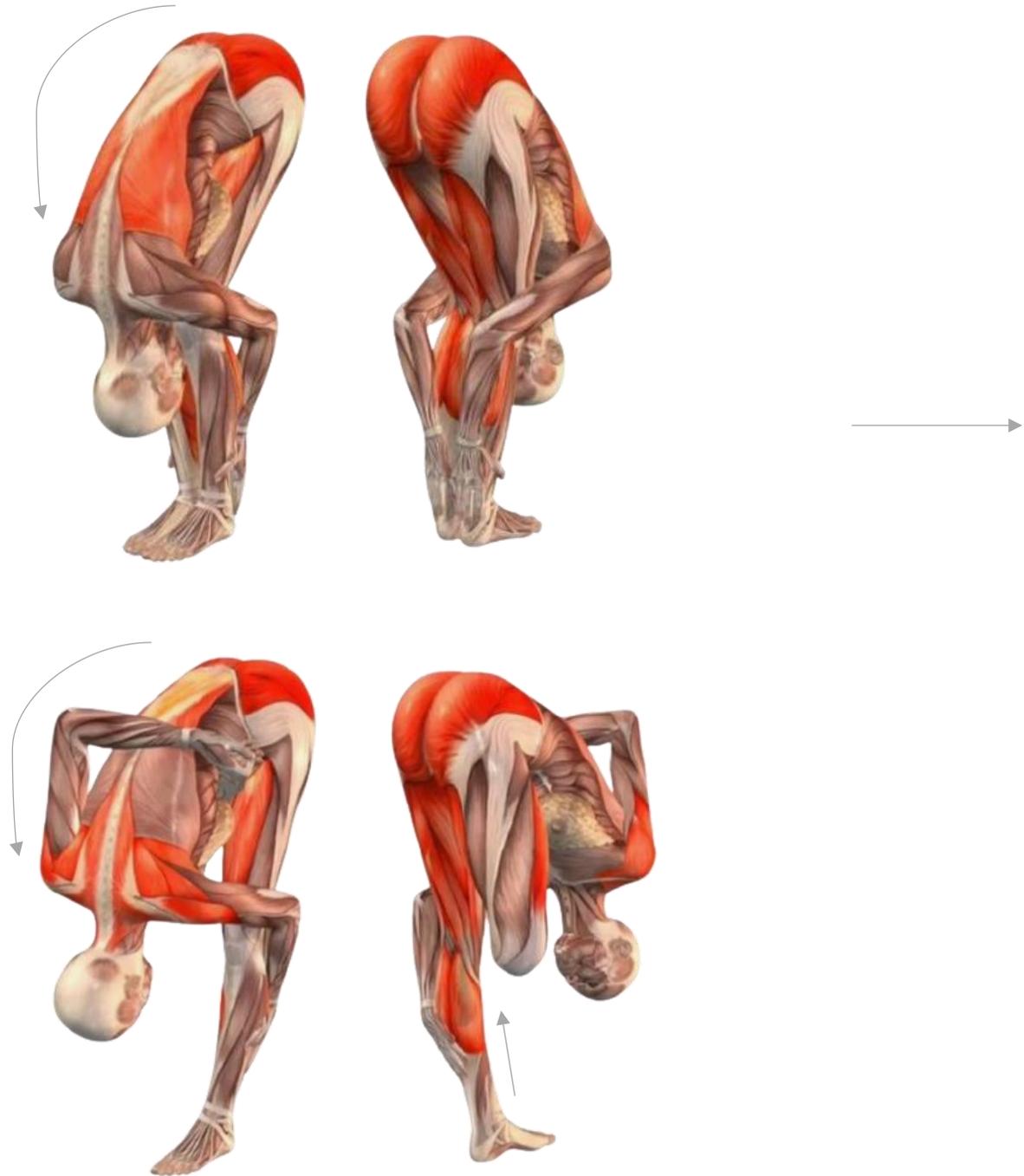
- PRATIQUE pieds nus sur un tapis.
- POUR favoriser le travail de respiration profonde, évite de porter parfum et eau de toilette.
- BIEN placer inspiration et expiration sur les mouvements
- BOIRE avant et après la pratique
- NE pas manger avant (ou peu)
- RESTE concentré sur les messages de ton corps. Exercer une posture, la maintenir ou en sortir quand tu le décides
- MOUVEMENT en douceur sans forcer, sans dépasser tes limites physiques.
- TERMINE toujours ta séance, quelle que soit la durée, par une posture de relaxation profonde.

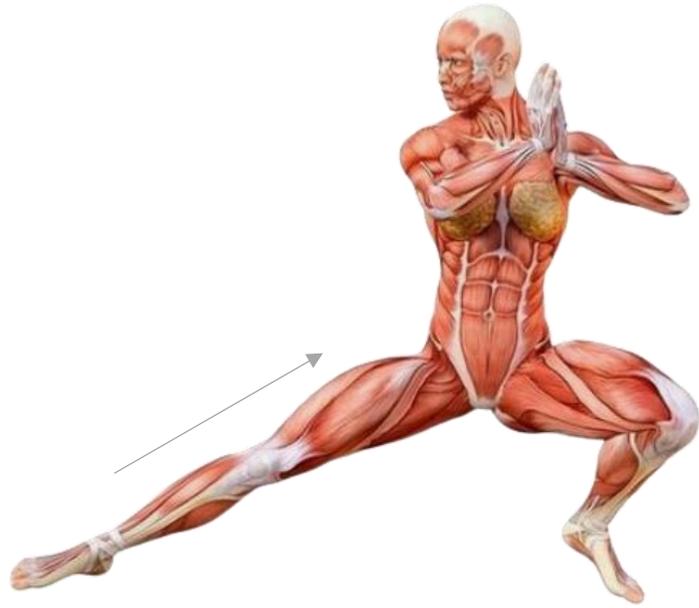


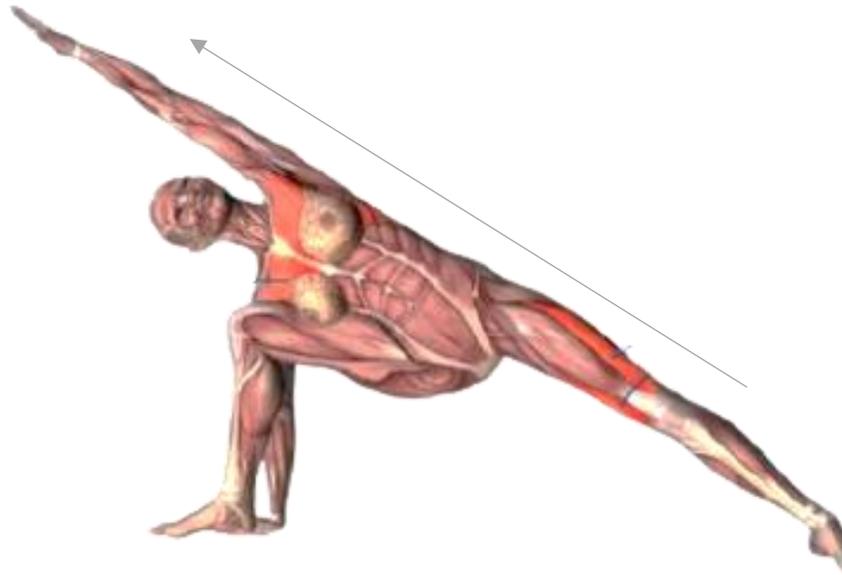


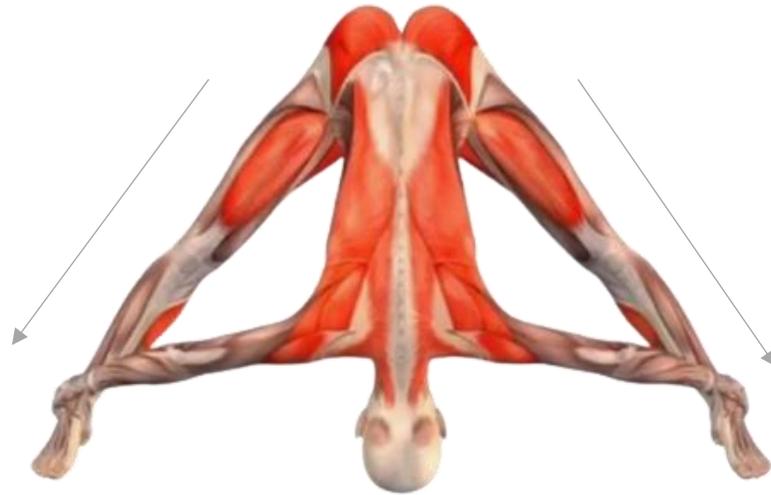


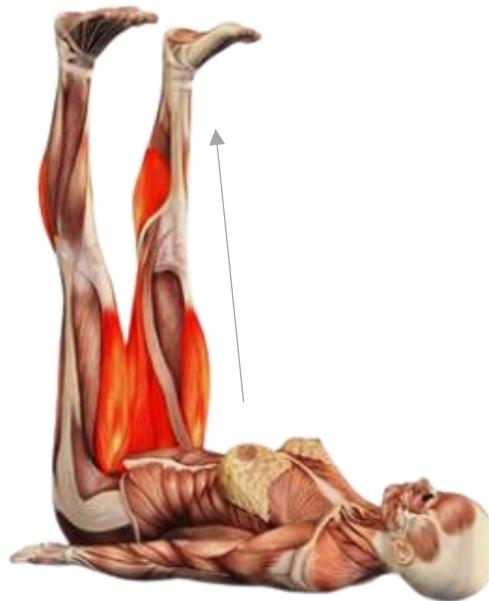
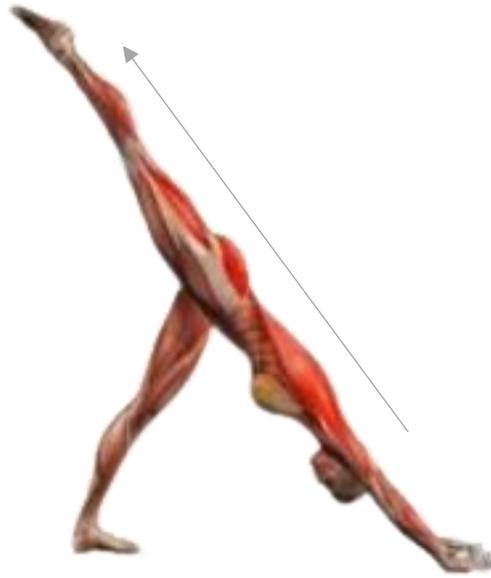






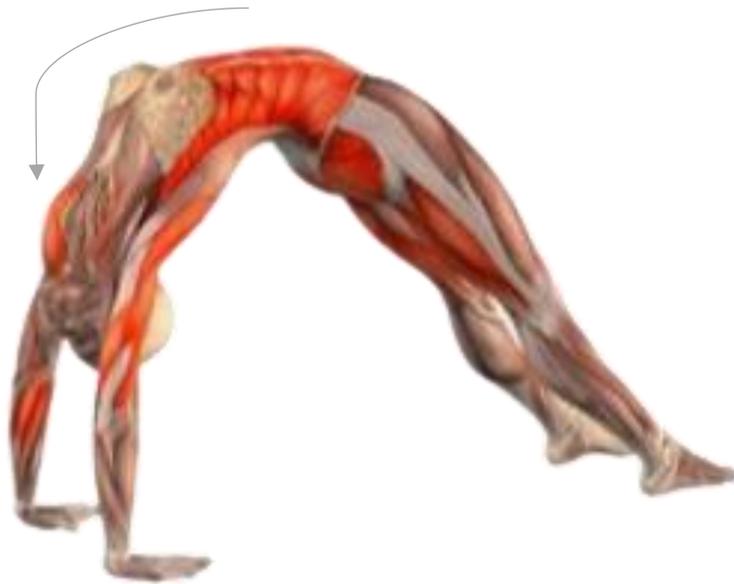
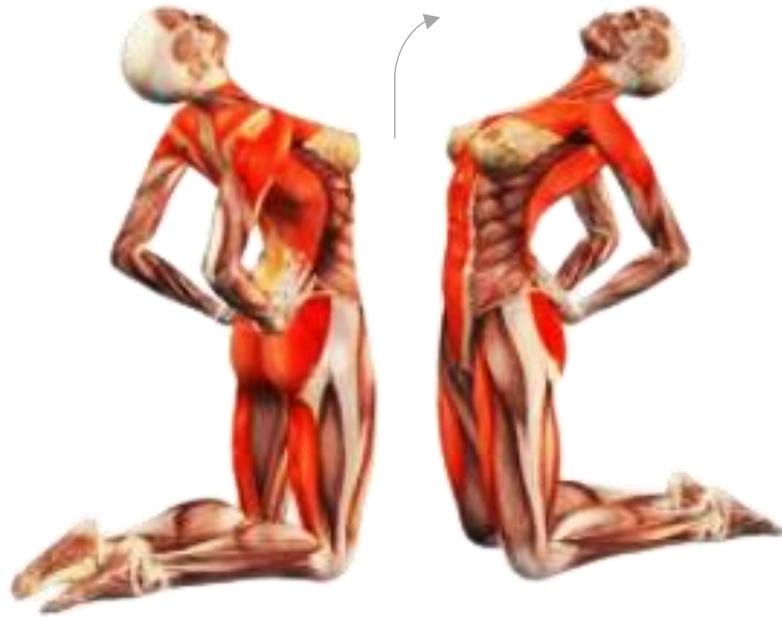






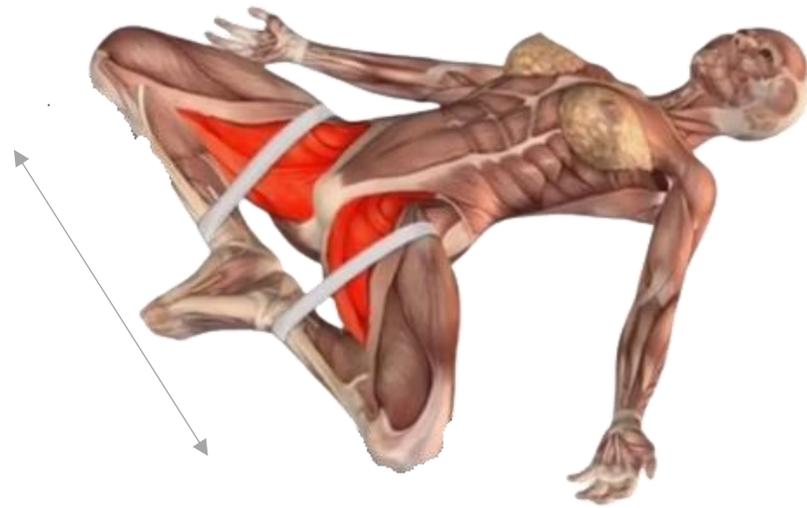
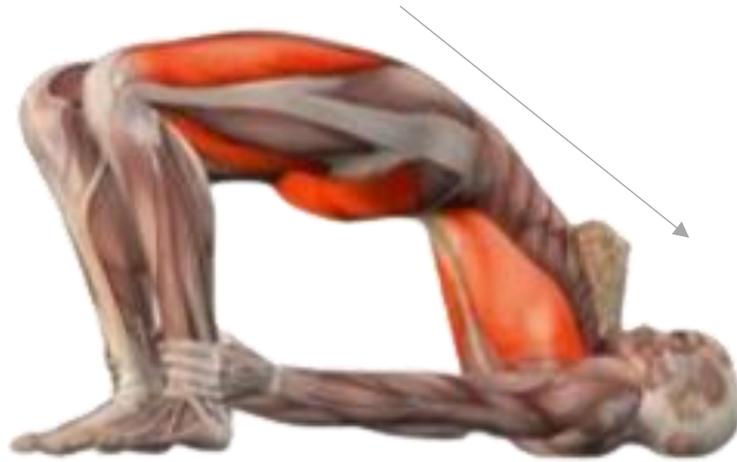
Rester 2mn les jambes contre un mur



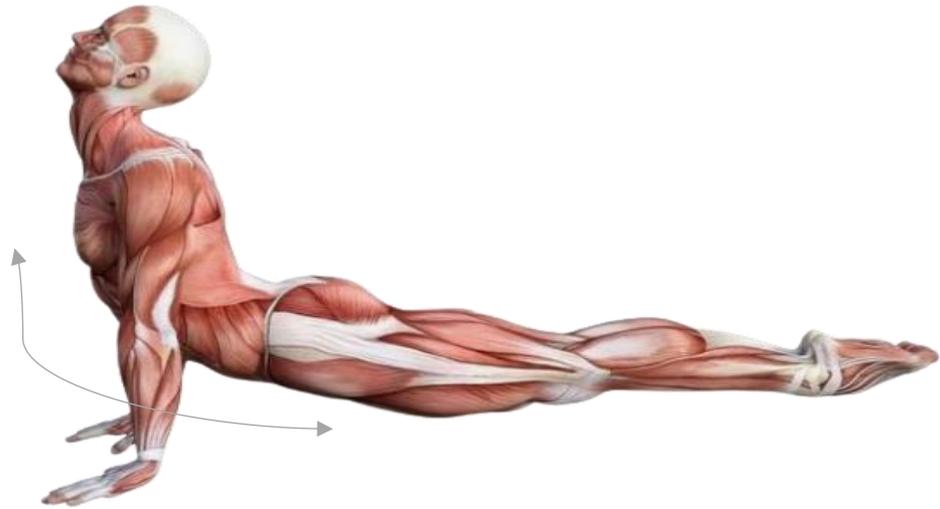
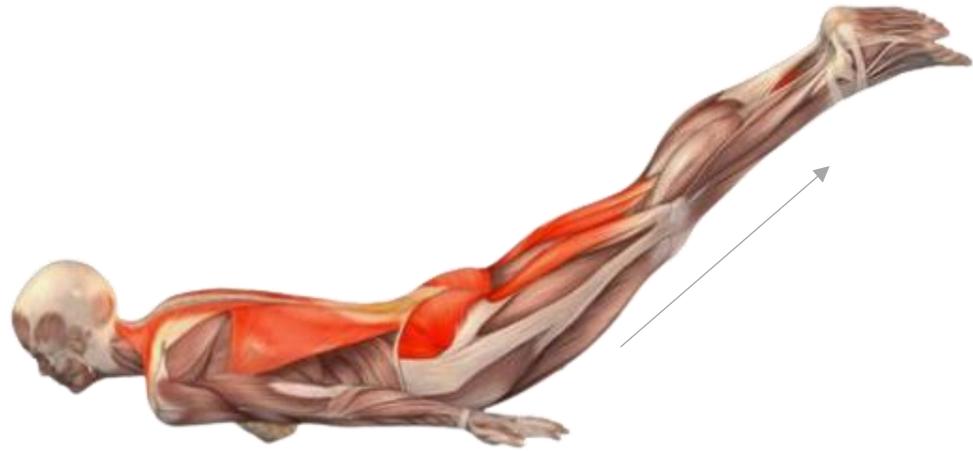


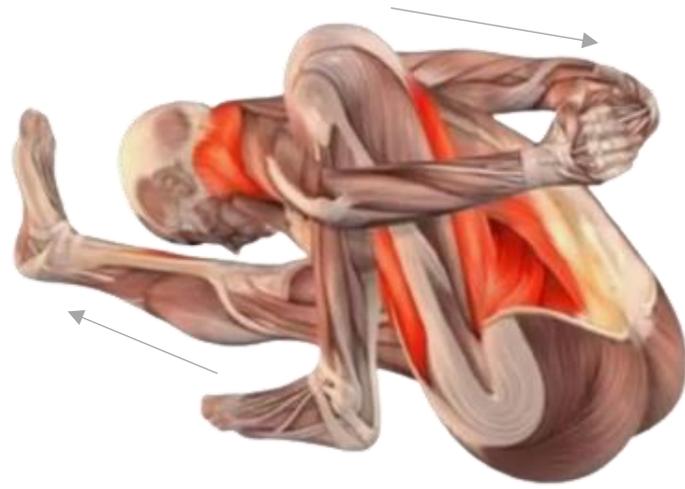
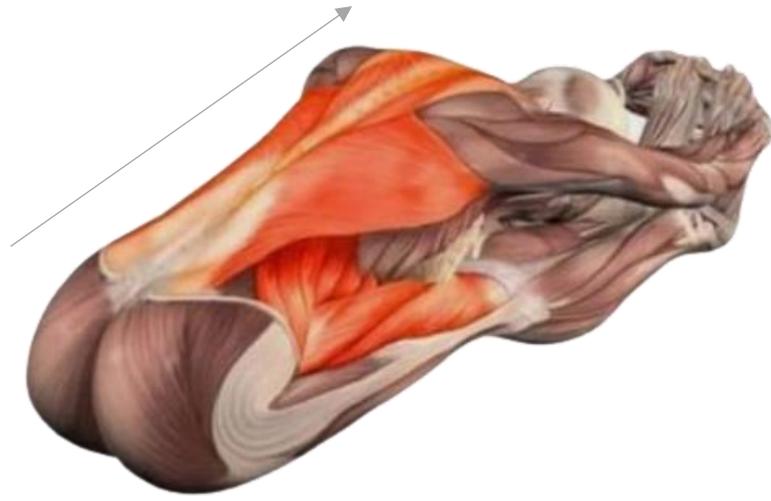


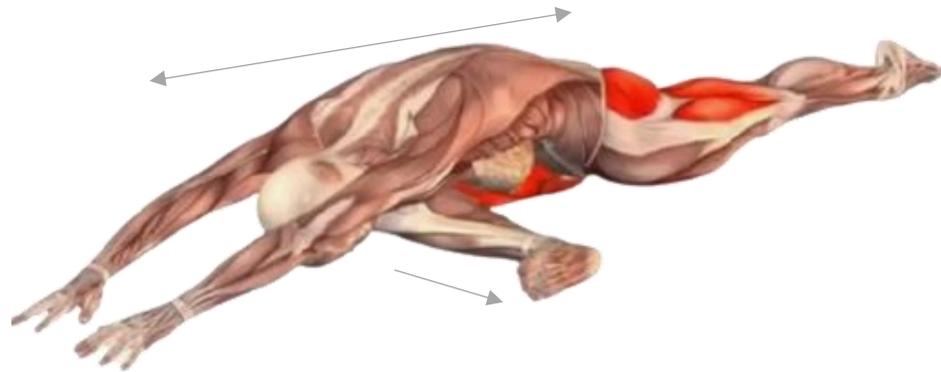
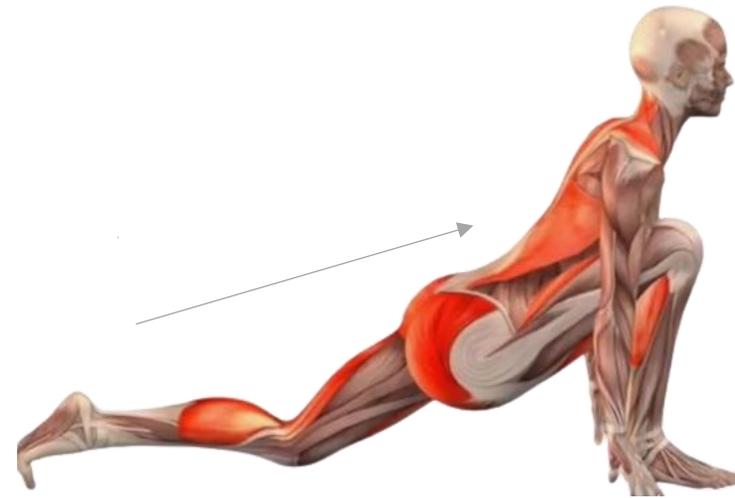


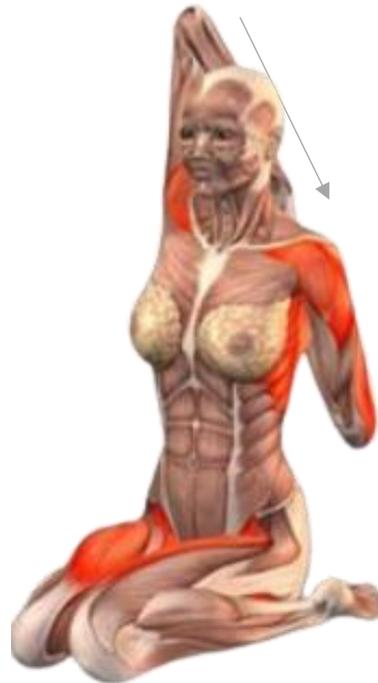
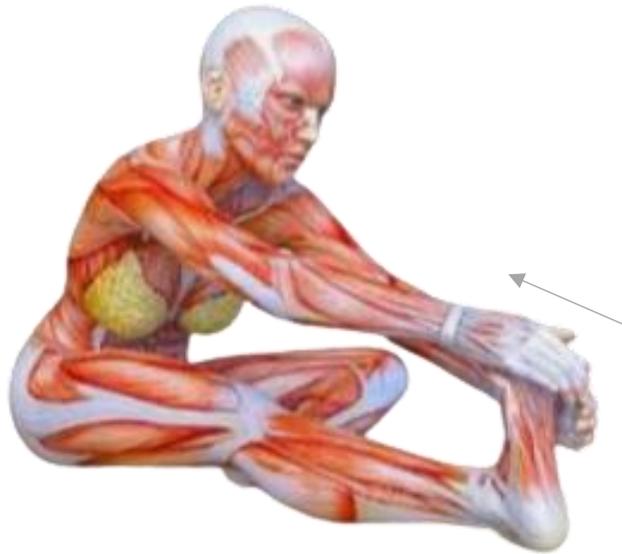


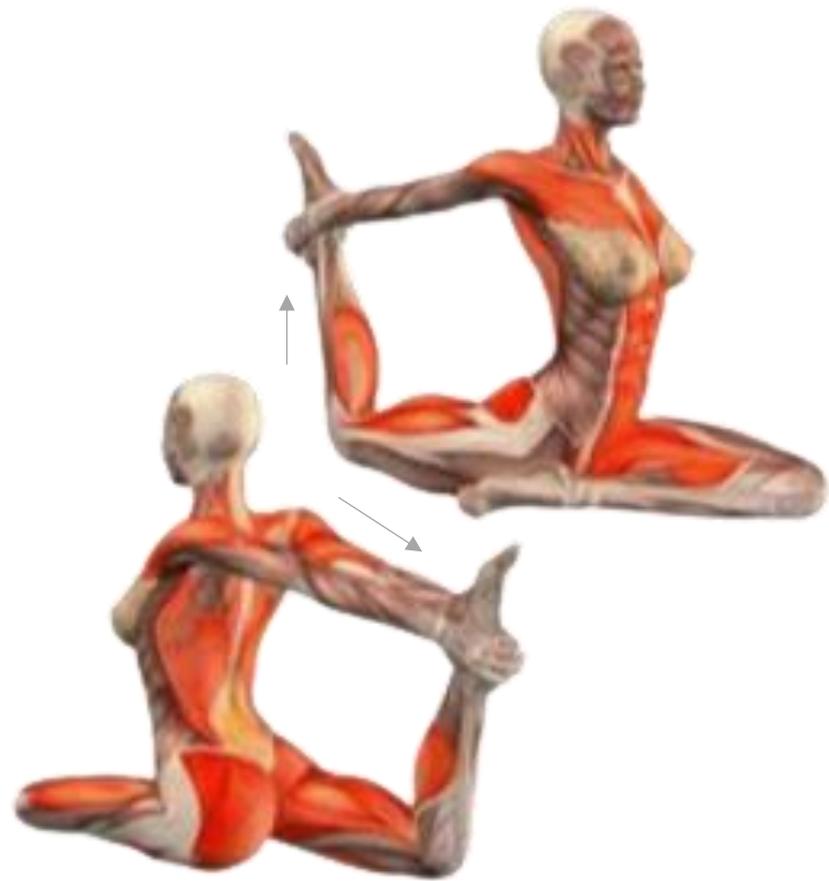
Allonger sur le dos

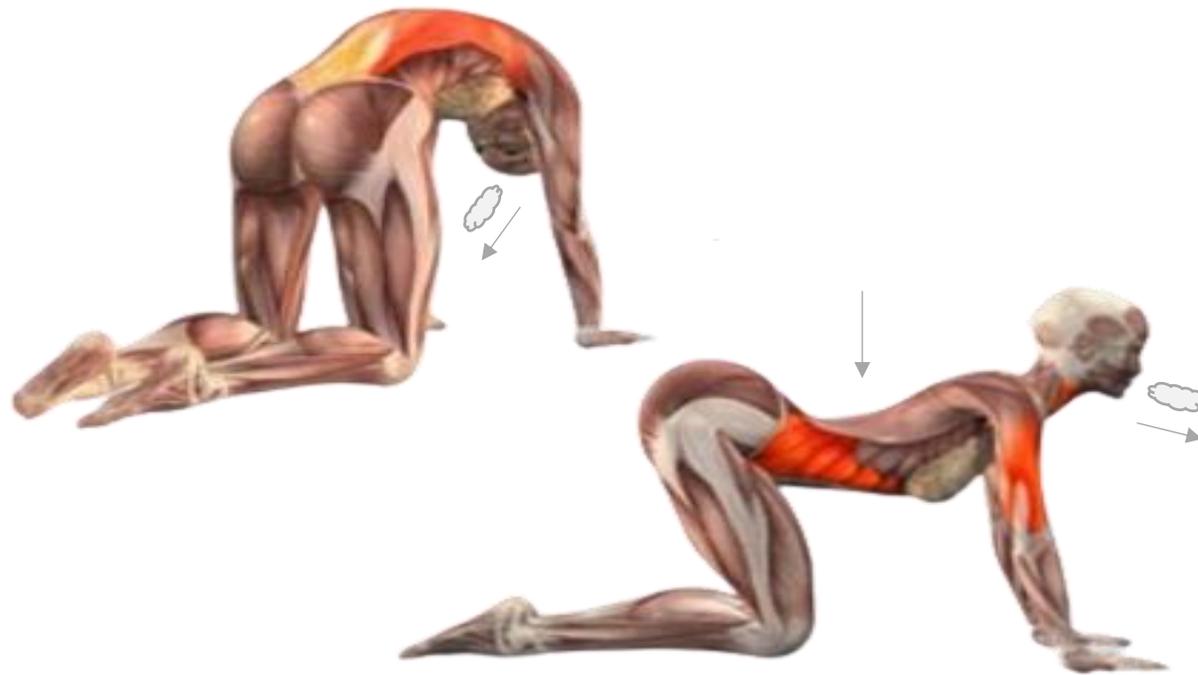


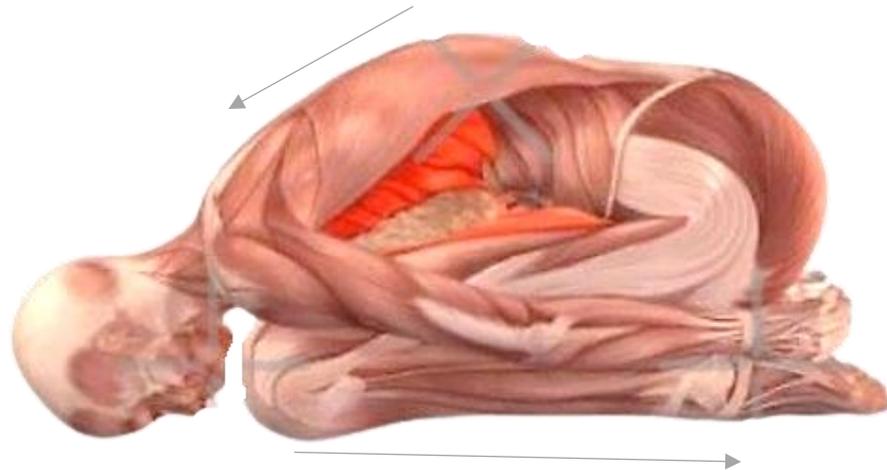


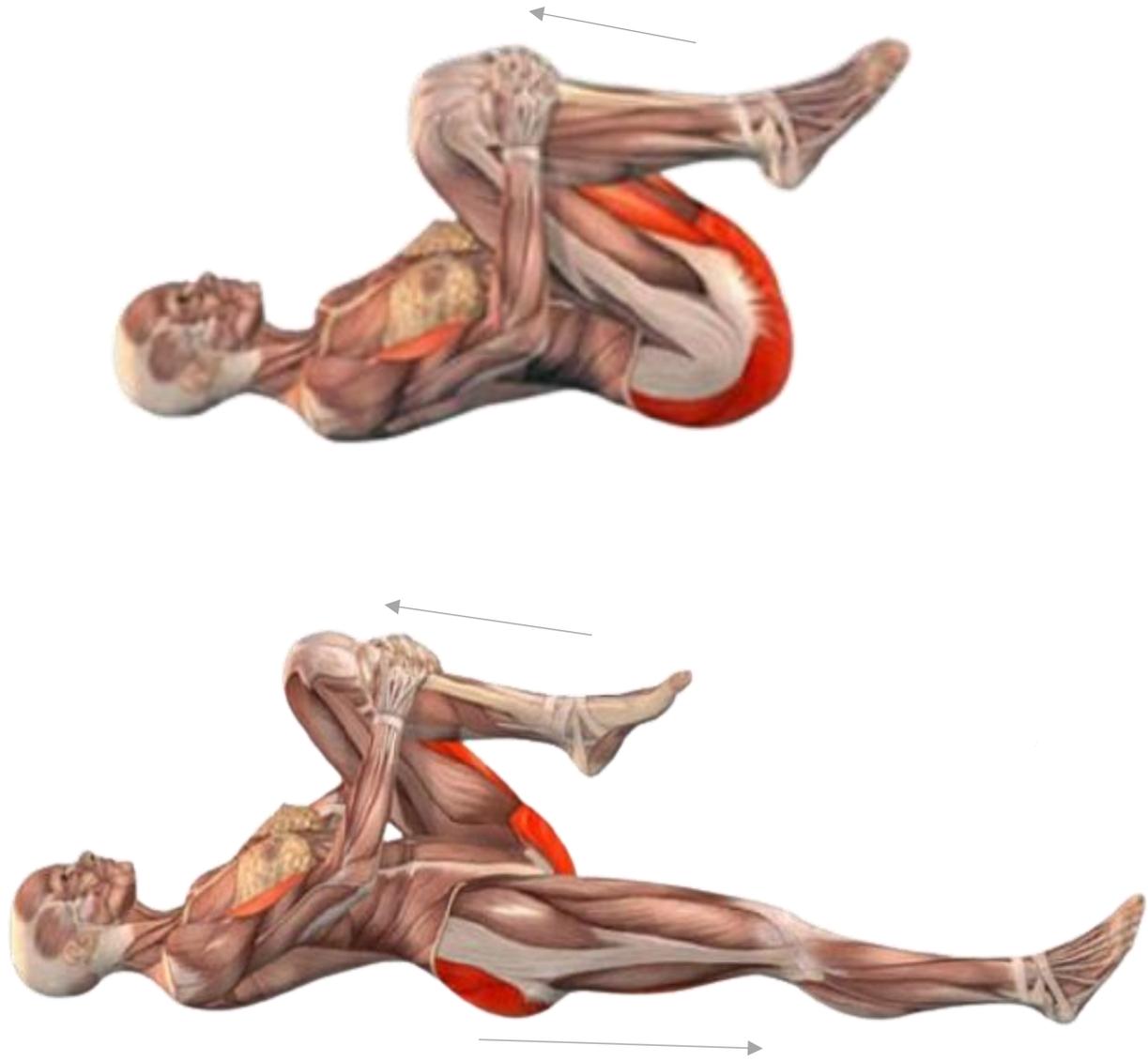


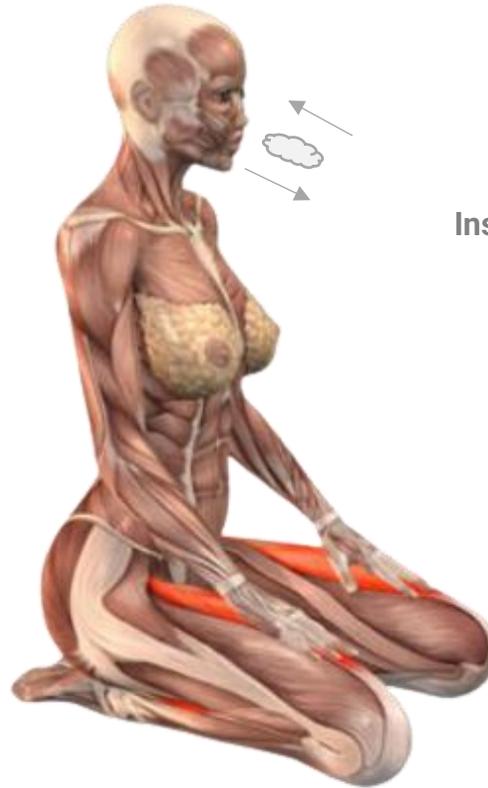




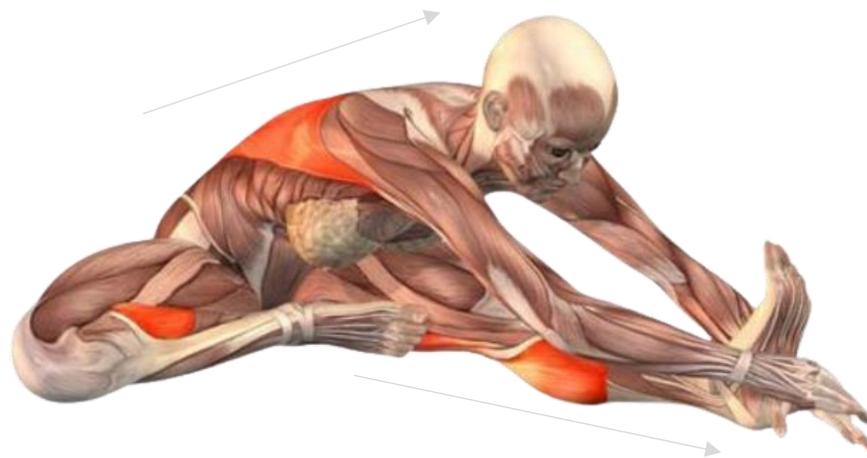


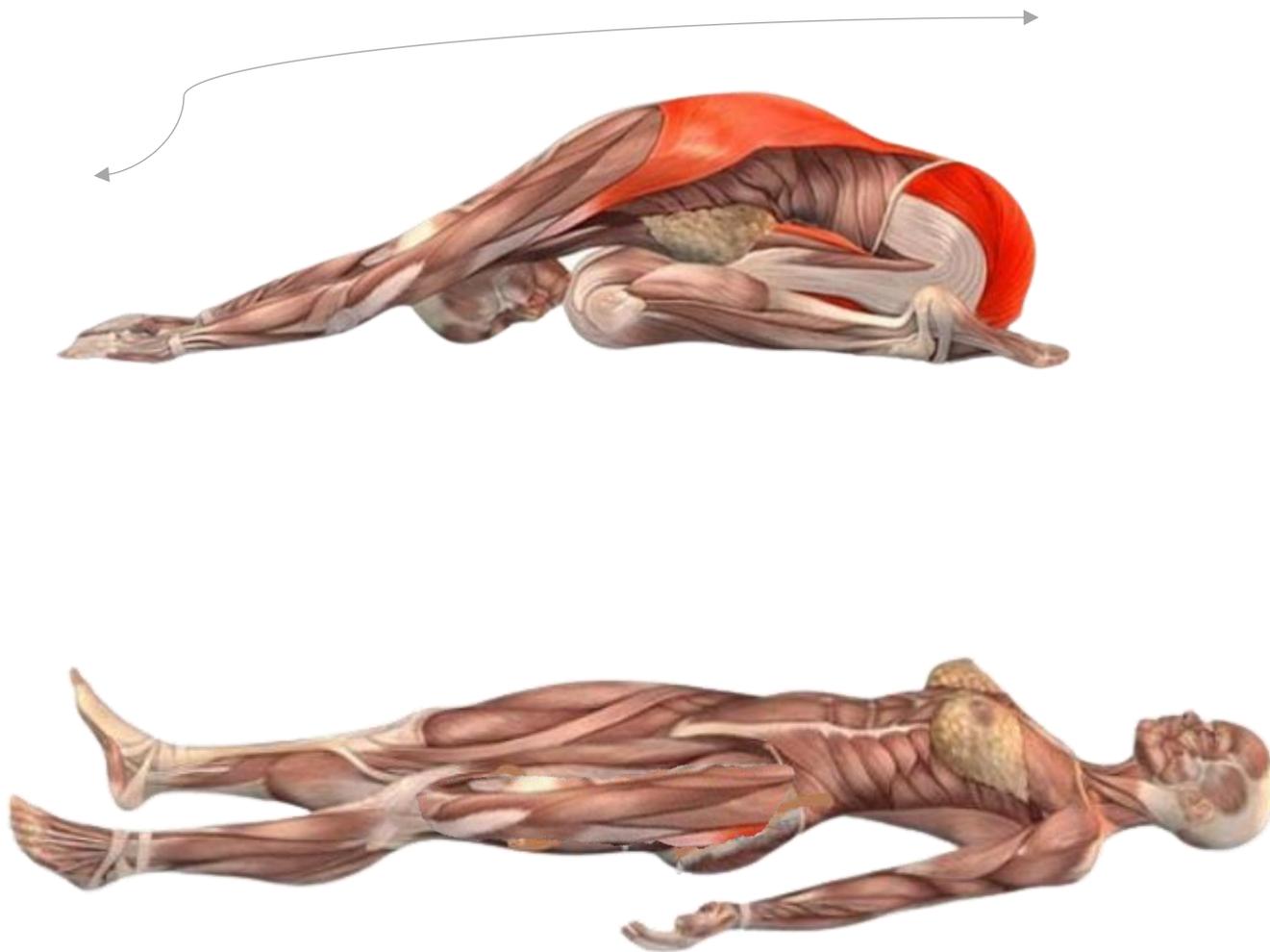






Inspirer / expirer par le ventre 2mn





Relâchement total 5mn