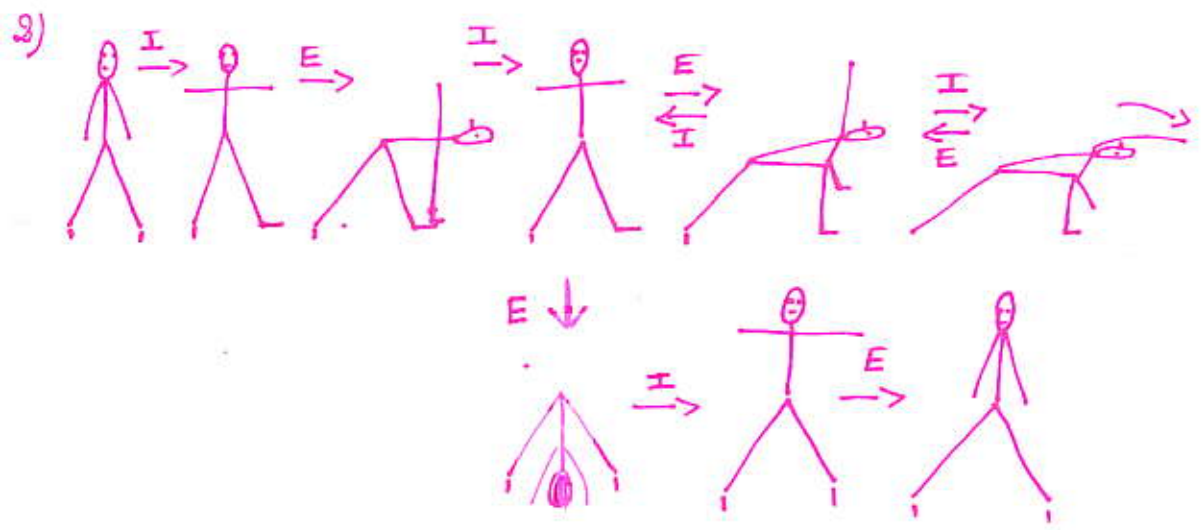
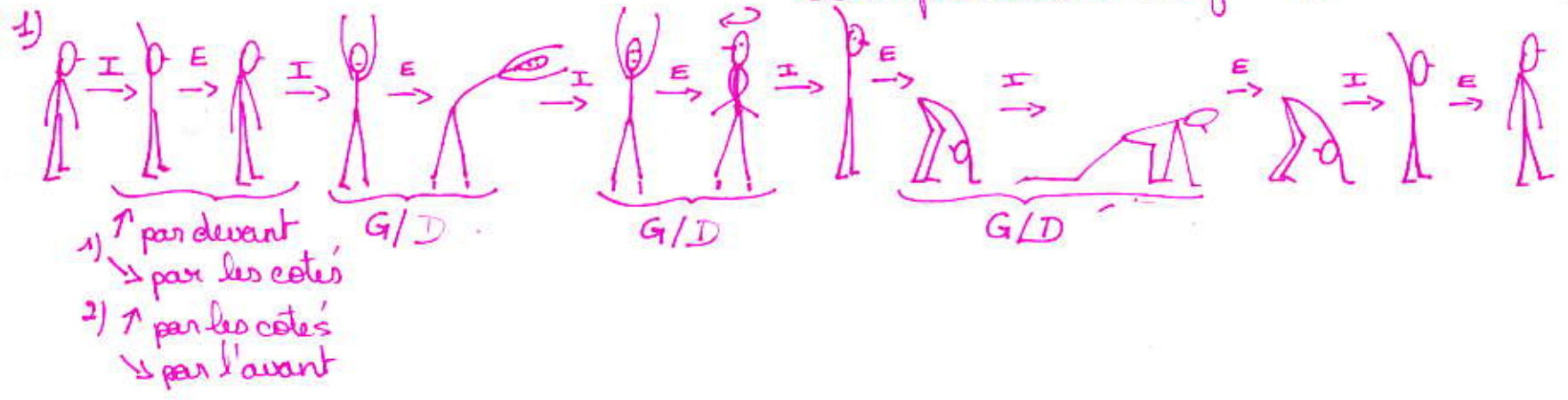
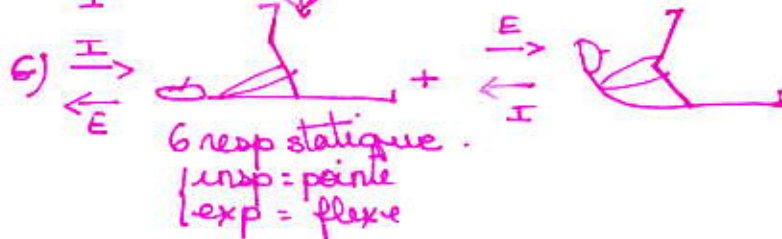
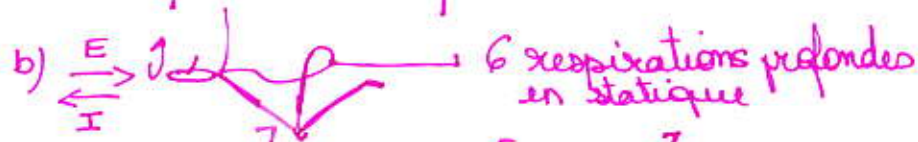
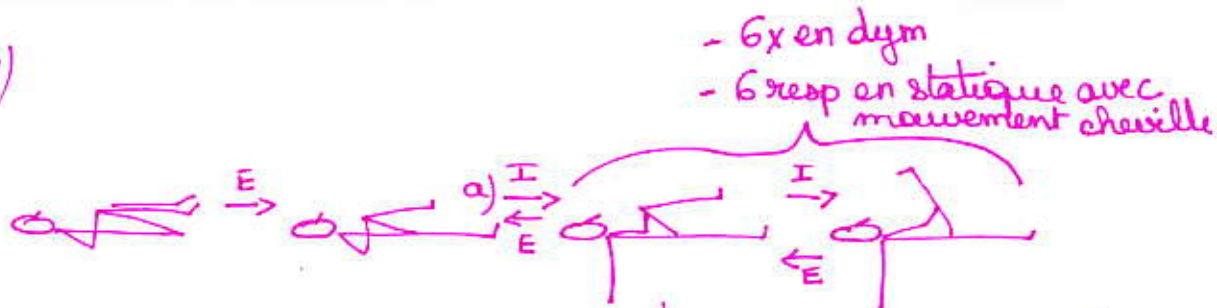


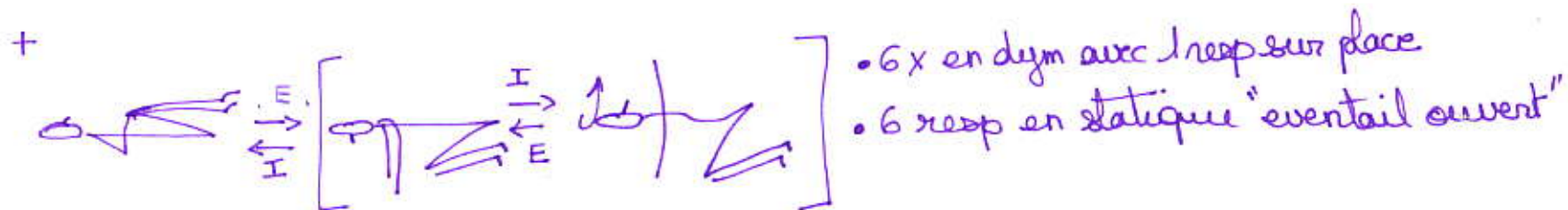
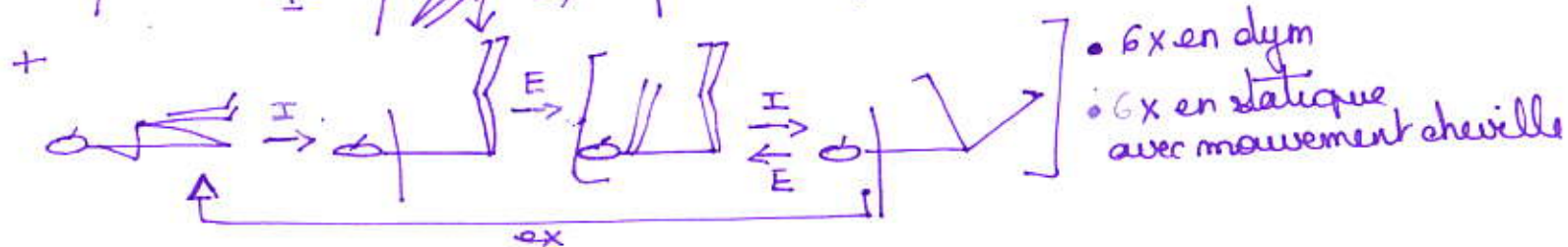
Pratique de Toussaint sous forme de vinyasa (enchaînement)



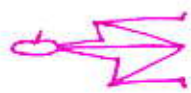
4)



5)



7)



Apanasana

- { insp : genoux vers l'avant
- { exp : genoux vers poitrine et écartés sur les côtés

8)



- Relaxation de tout le corps
- Méditation sur la vague
 - insp : puiser l'énergie de la vague pour ressourcer le corps.
 - exp : évacuer tout ce qui vous encombre pour nettoyer, purifier le corps

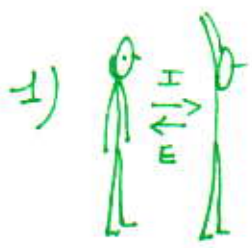
Cela peut se faire au niveau physique
niveau physiologique
niveau psychologique.

Bonne pratique

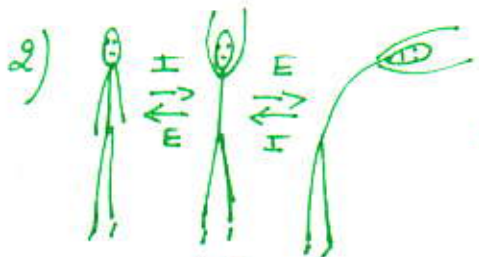


Pratique de Toussaint
par posture

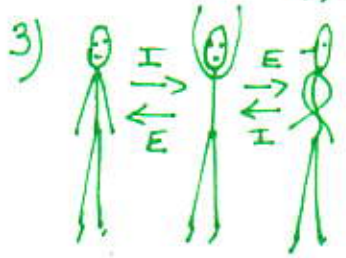
oct. 2020



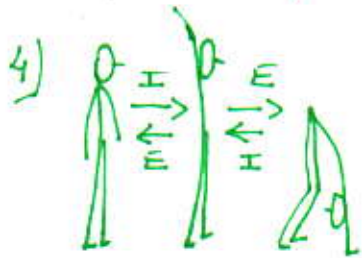
Monter bras par devant / descendre par cote'
Monter bras par cote' / descendre par avant } 3x



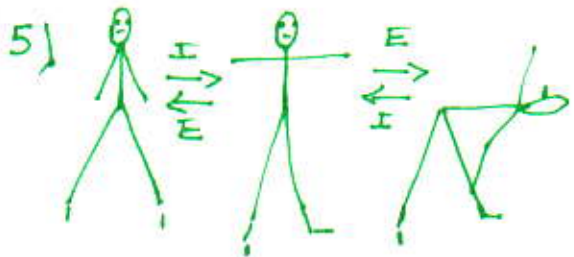
3x/cote'



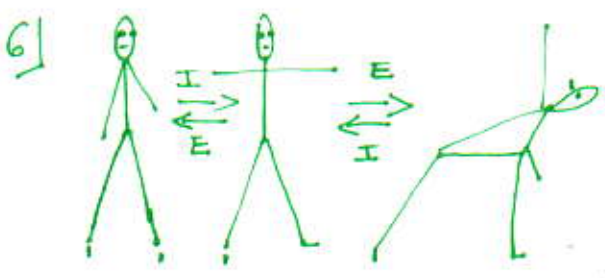
3x/cote'



3x



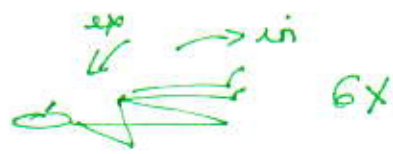
3x/cote'



3x/cote'



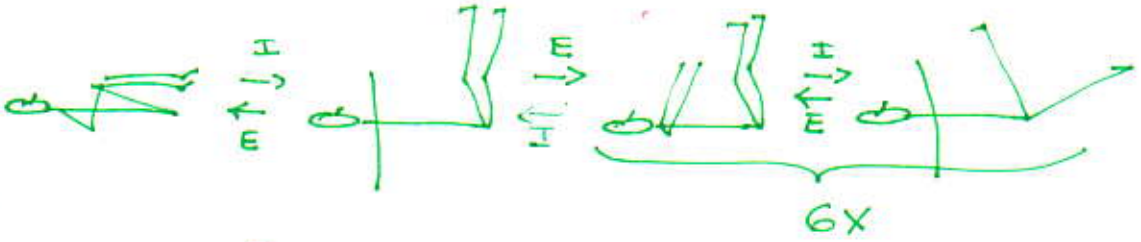
+



6x

8)  6X / côté + statique 6 resp.

9)  6X avec 1 resp dans l'éventail.

10)  6X

11)  6X

12)  Repos et méditation sur la vogue.

Bonne pratique