

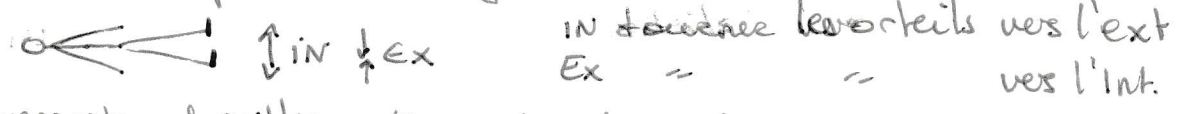
accueil

si besoin



a) Mouvement chevilles - orteils IN flex Ex pointes

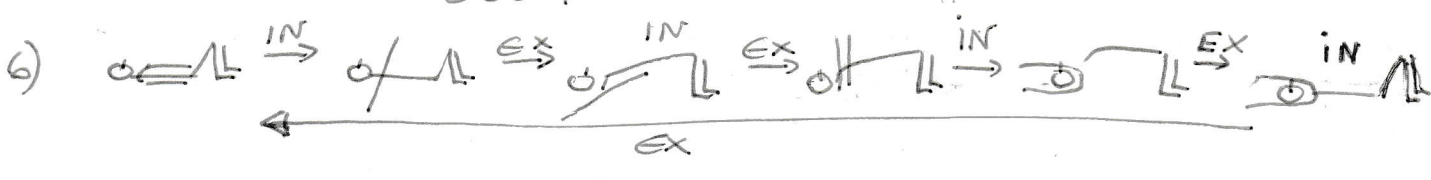
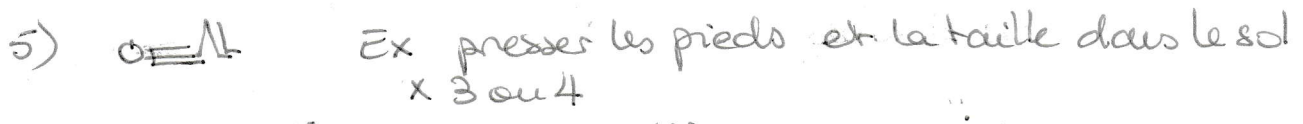
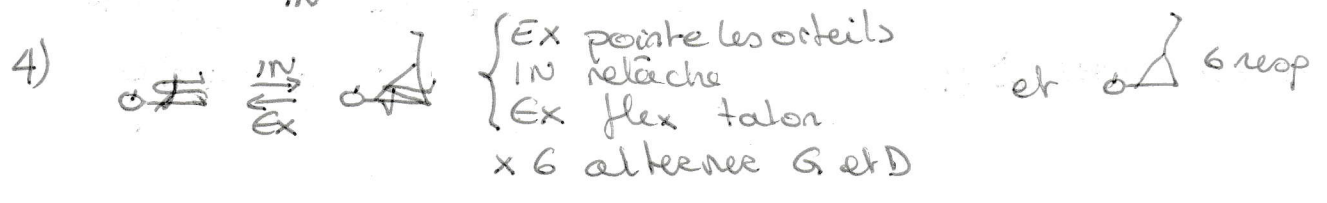
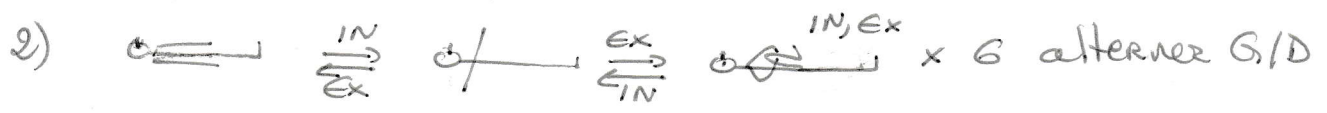
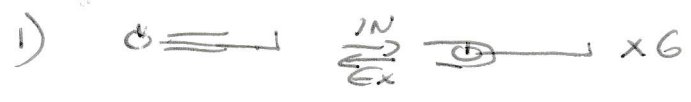
b) Espace entre les pieds de la largeur du bassin



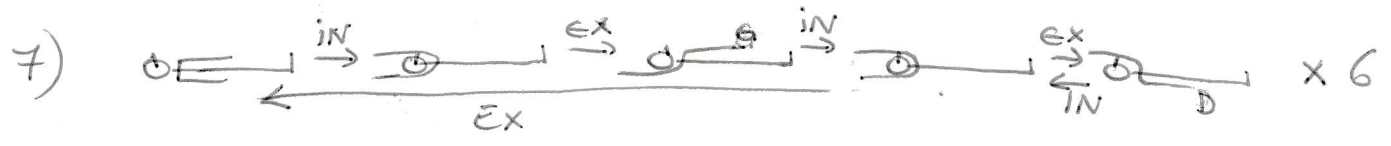
c) mouvements chevilles 3/4 cercles dans chaque sens



IN = Ex 4 à 6 secondes  
IN vers les épaules  
Ex du bas ventre vers les naevies



Repos



Ecoute zone du Plexus solaire  
(mut de la respiration)