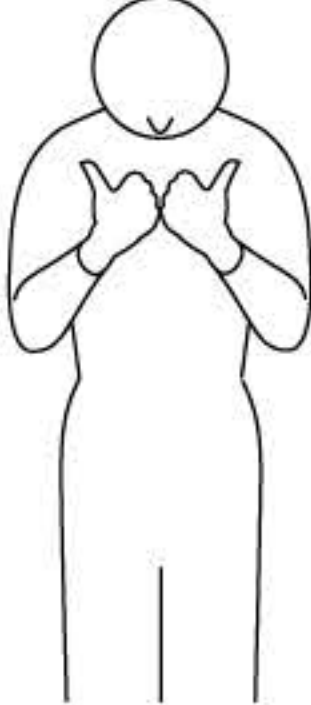
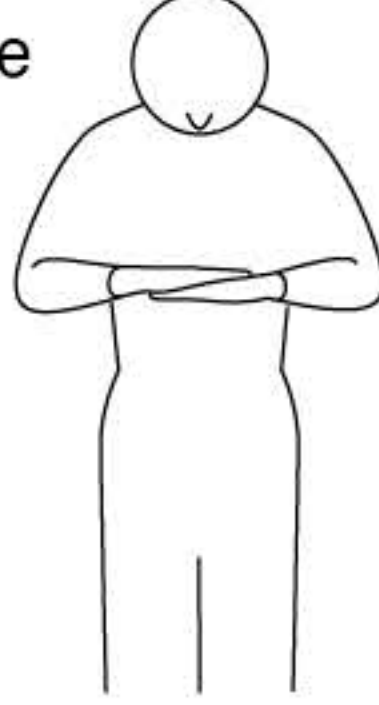
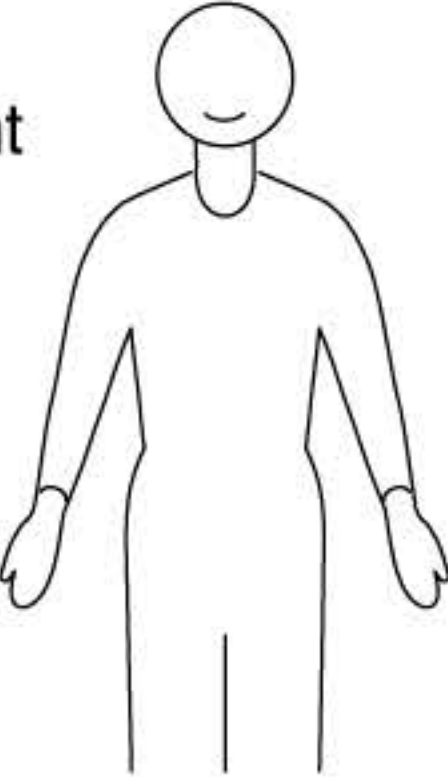
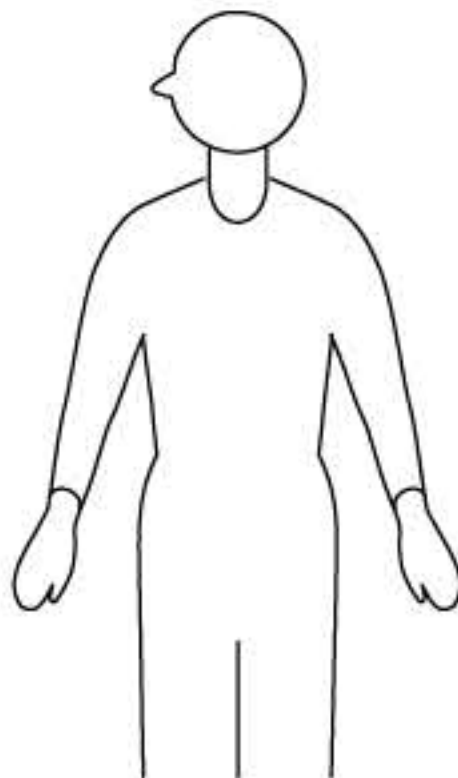
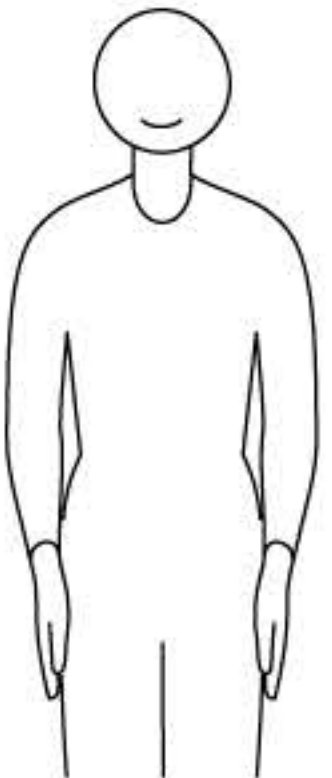
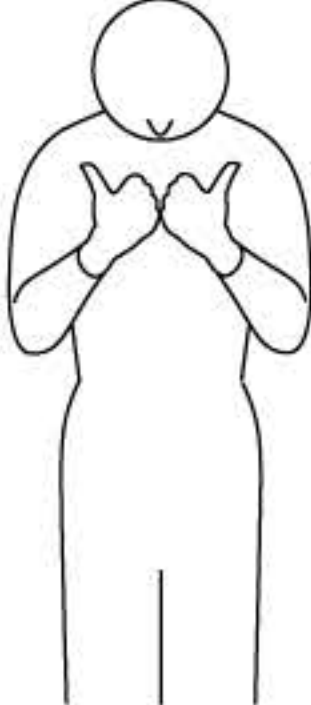
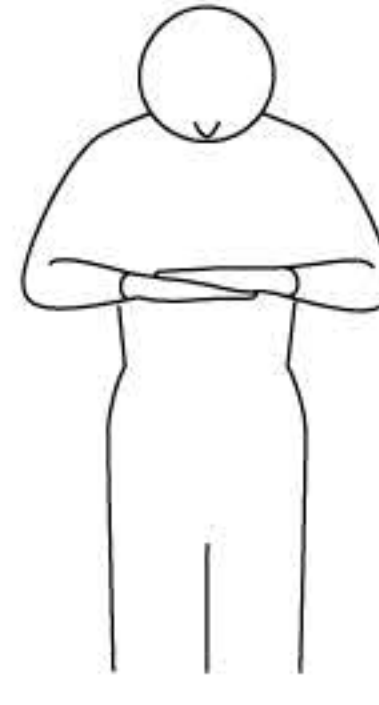
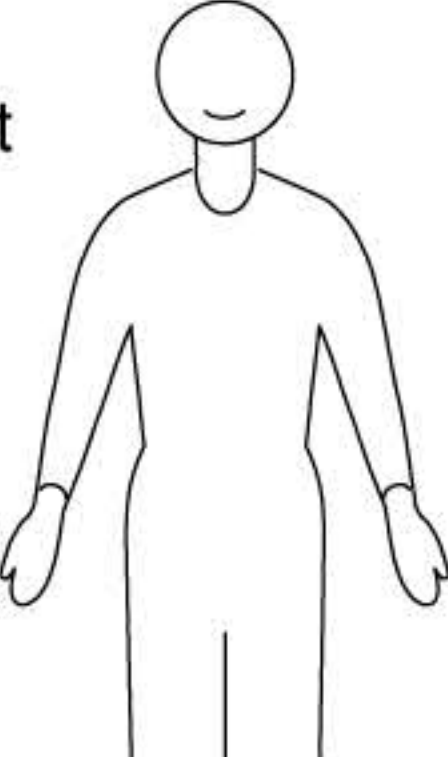
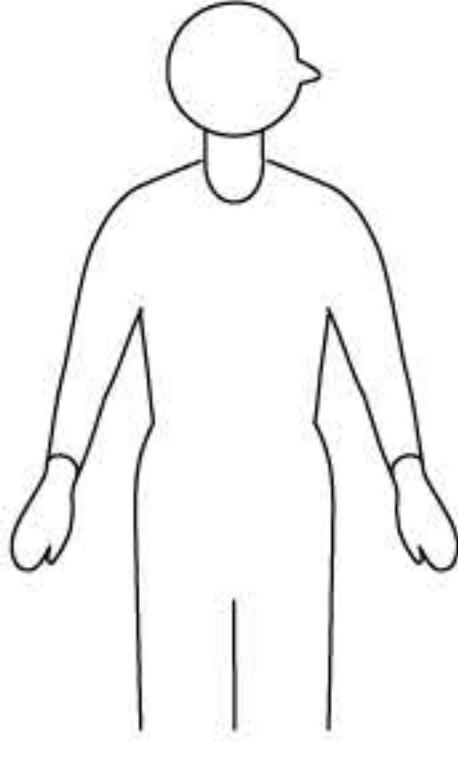
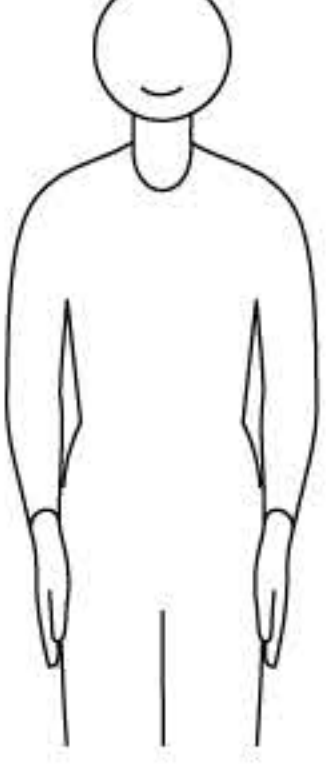


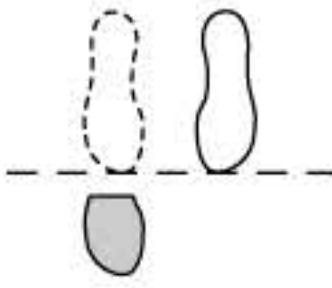
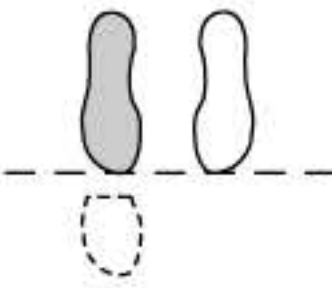
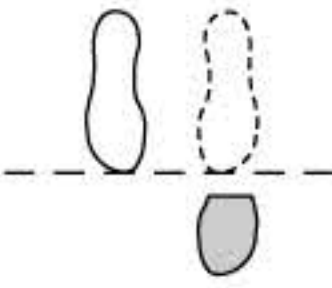
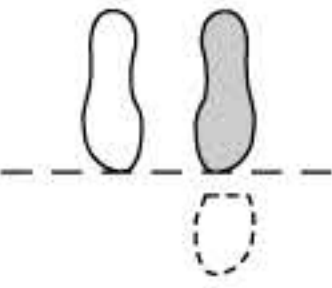
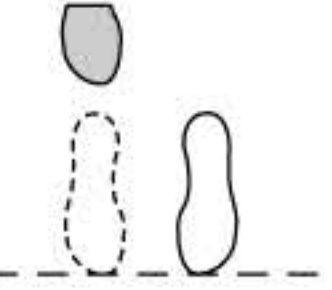
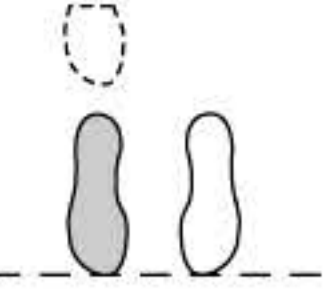
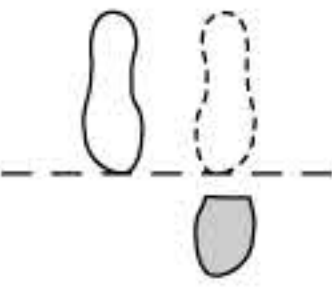
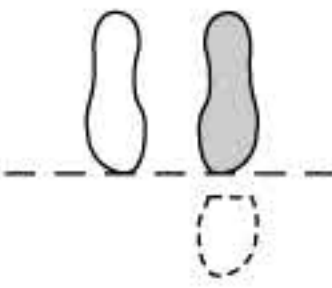
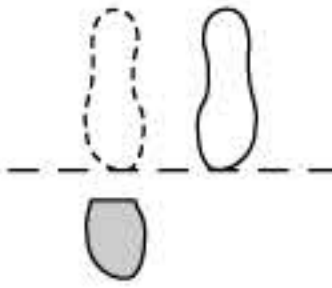
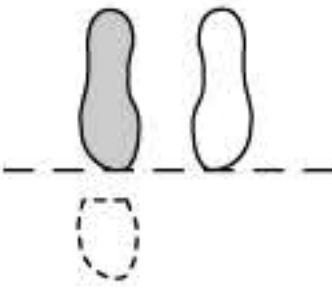
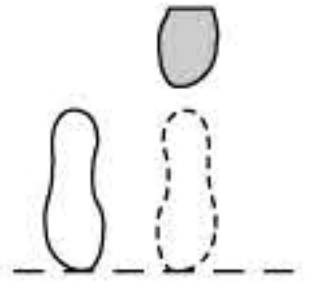
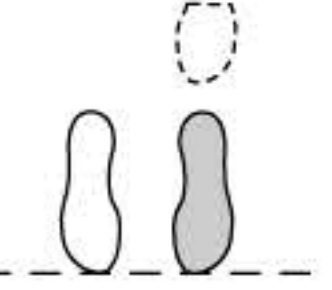
I - CHEZ SOI - DEBOUT - AVEC OM

Exercice en 12 temps

Mouvements des bras et de la tête :

1) pouces écartés poings en contact devant la poitrine tête baissée		2) paume droite sur dos main gauche tête immobile		3) bras écartés, paumes vers l'avant tête de face	
4) avant bras droit sur le gauche poings fermés pouces écartés tête immobile		5) bras écartés, paumes vers l'arrière tête à droite		6) bras le long du corps tête de face	
7) pouces écartés poings en contact devant la poitrine tête baissée		8) paume gauche sur dos main droite tête immobile		9) bras écartés, paumes vers l'avant tête de face	
10) avant bras gauche sur le droit poings fermés pouces écartés tête immobilée		11) bras écartés, paumes vers l'arrière tête à gauche		12) bras le long du corps tête de face	

Dire **Om** à chaque mouvement et ajouter la série de 12 pas :

1) PD devant	2) retour	3) PG devant	4) retour	5) PD arrière	6) retour
					
7) PG devant	8) retour	9) PD devant	10) retour	11) PG arrière	12) retour
					

Rappel : Toujours tenter d'écouter le **Nada**