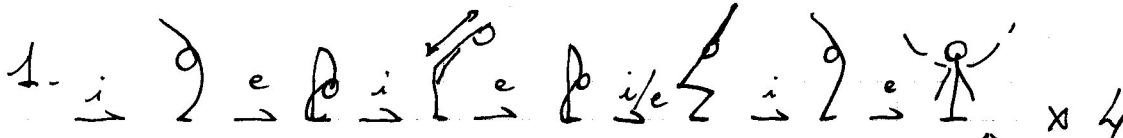
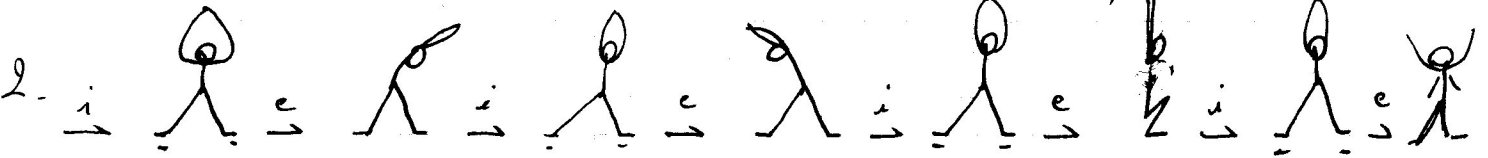
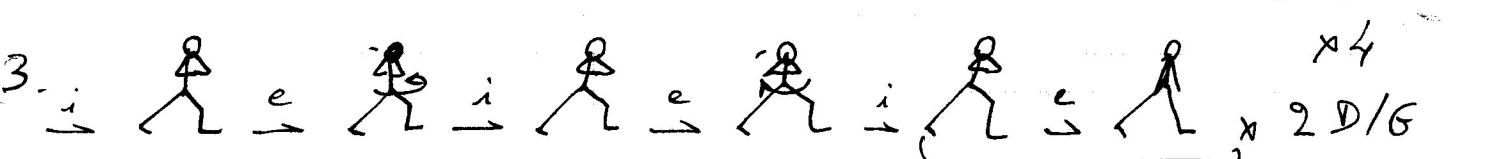
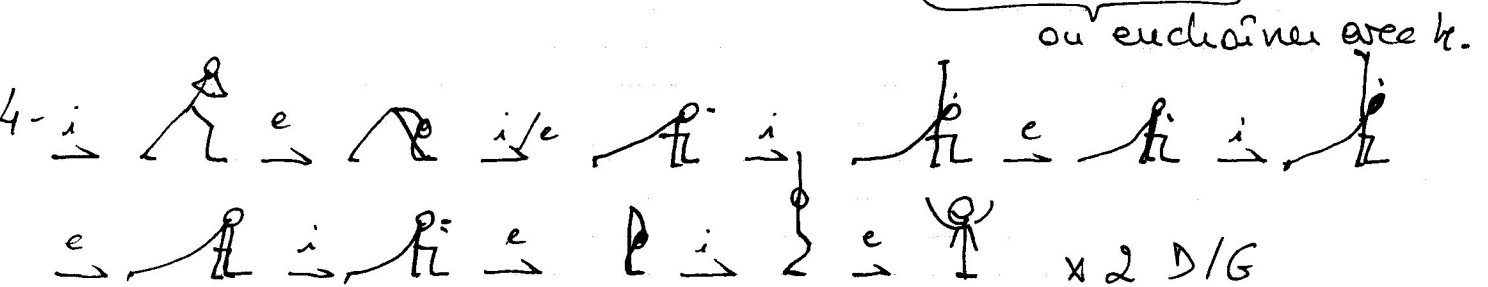

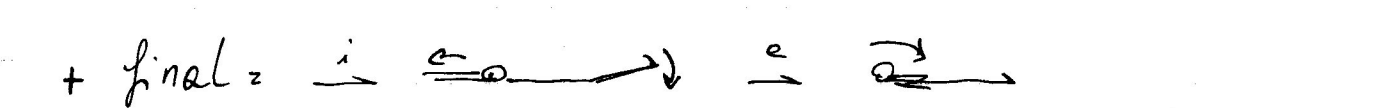


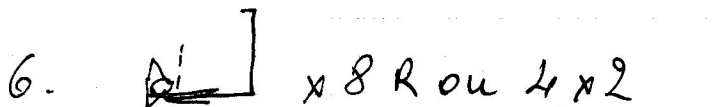
Séance 18.21

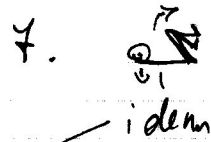
# "Résiliéuse et pleine lune"

## Postures

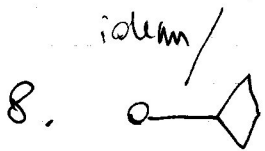
1.  x 4
2.  x 4
3.  x 4  
ou enchaîner avec 4.
4.  x 2 D/G

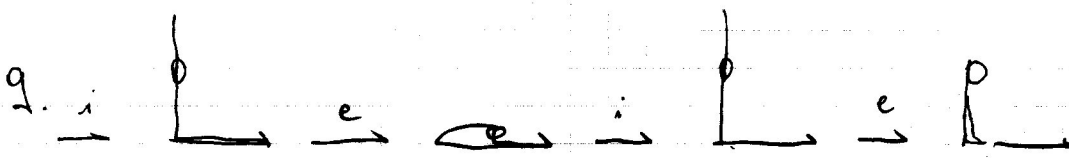
5.  x 4 D/G  
+ final = 

6.  x 8 R ou 4 x 2  
choix des mains le long du corps  
ou à l'équerre ou derrière la tête

7.  idem

petite torsion des  
genoux / nuque  
en sens inverse.

8.  idem

9.   
jambes serrées ou pieds un peu écartés