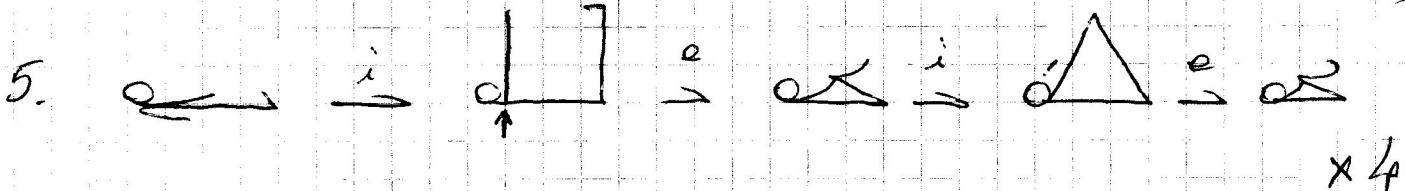
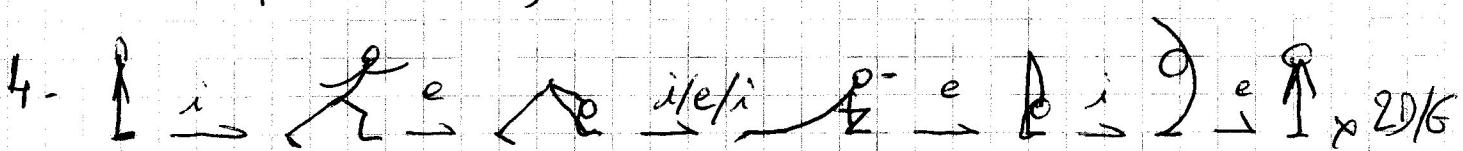
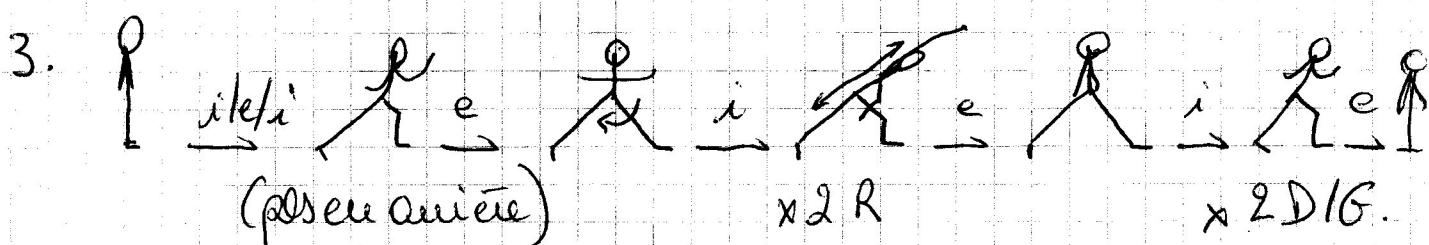
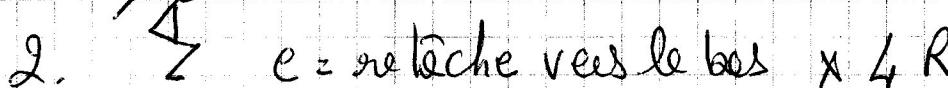
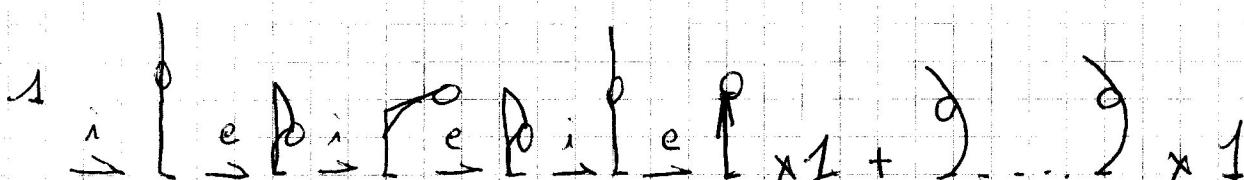


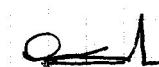
Séance 26.21.

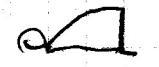
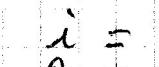
## "Accepter le Réel"

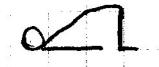
Echauffement du corps - Auto-massage + sentir le dessous de ses pieds.

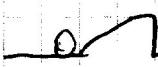
Postures.

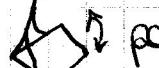


6.  i = ouverture posturale / haut du dos  
e = nombril respiré / dos du dos plaqué au sol x 2

 i = " + monter le bassin  
e = " + descendre le bassin  x 2

 i/e comme précédemment + 1 R complète bassin  
su e = aller chercher / sentir le creux de l'estomac <sup>sur le ventre</sup>.

 i = " " + mouvement de bras + 1 R complète  
e = " " + ramener les bras en dernier

7.  papillon +  4-R