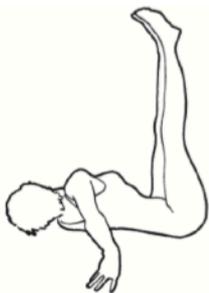
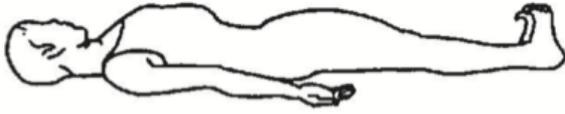


Lezione #2

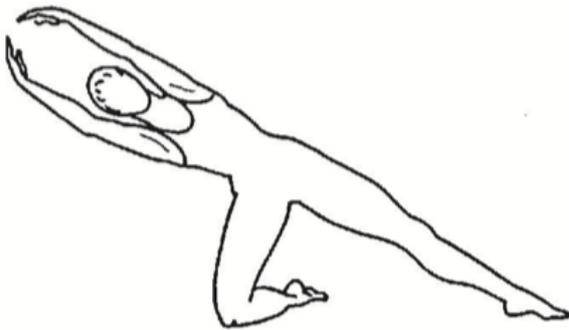
PREPARAZIONE (primi 20 minuti circa), fasi salienti rappresentate qui di seguito:



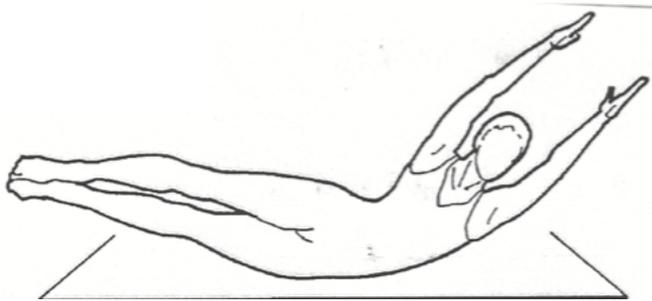
POSTURE (40 minuti circa)



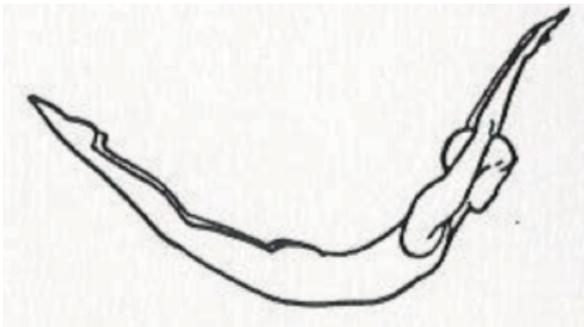
1. RAJASANA



2. PERTICA LATERALE IN GINOCCHIO

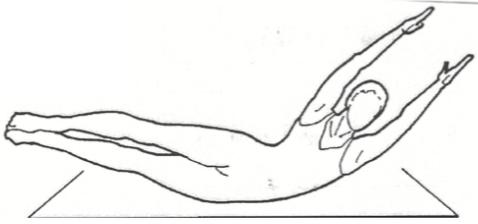


3. FALCE DI LUNA

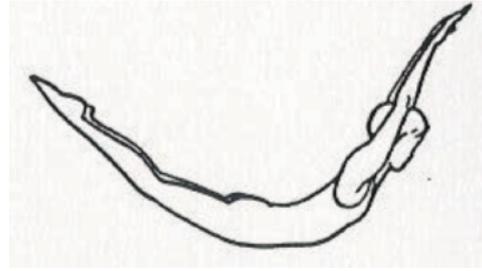


4. LA BARCA, III VARIANTE

5. SEQUENZA DINAMICA: FALCE DI LUNA + BARCA



+



6. PICCOLA BILANCIA



7. COCCODRILLO IN ROTAZIONE

RILASSAMENTO

