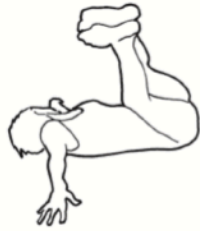


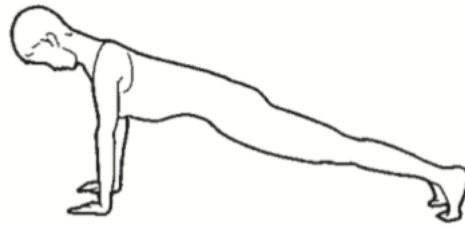
Lezione #4

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

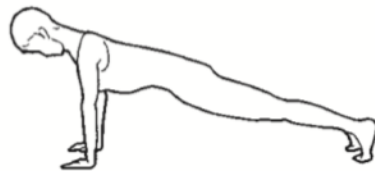
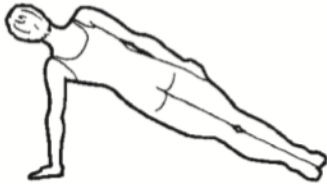
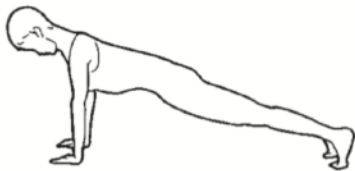


POSTURE (40 minuti circa)

1. LA SENTINELLA

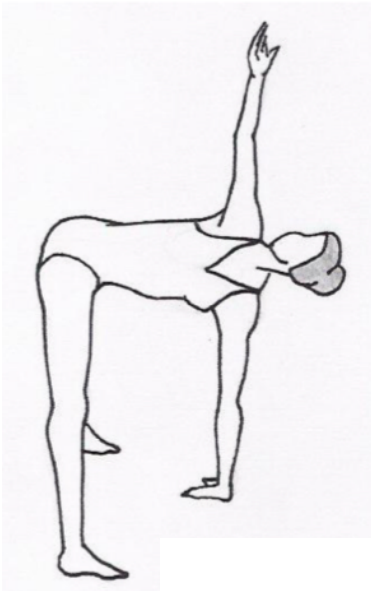


2. SEQUENZA DELLA SENTINELLA

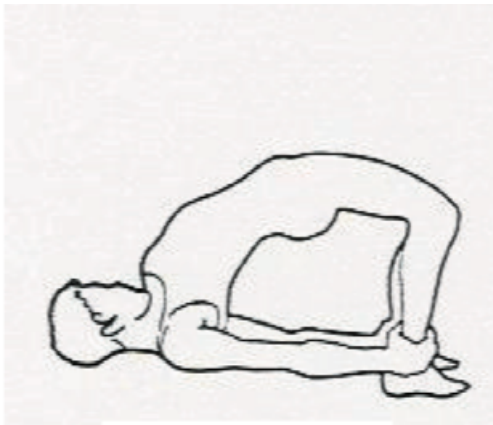


3. SECONDO TRIANGOLO



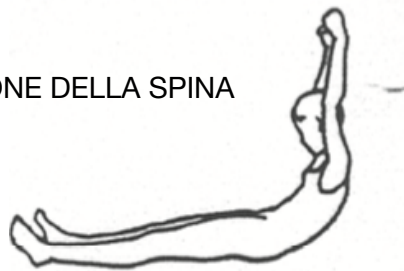


4. PRIMO TRIANGOLO



5. POSIZIONE DELLE SPALLE

6. POSIZIONE DELLA SPINA DORSALE



7. L'ARATRO

RILASSAMENTO

