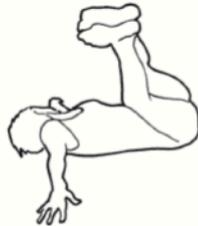
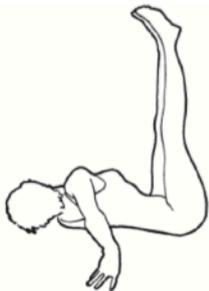


Lezione #5

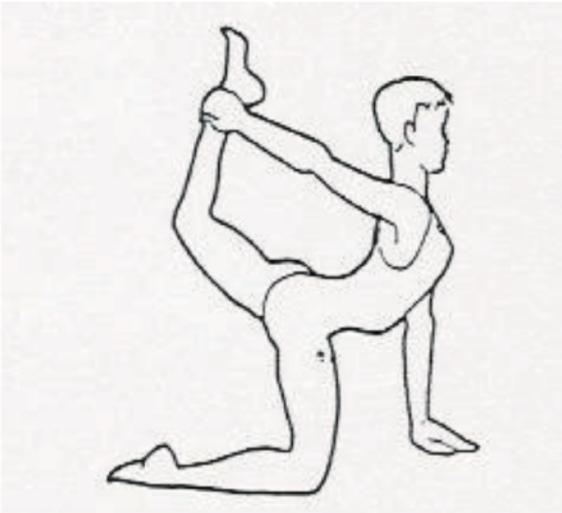
PREPARAZIONE (primi 20 minuti circa), fasi salienti rappresentate qui di seguito:



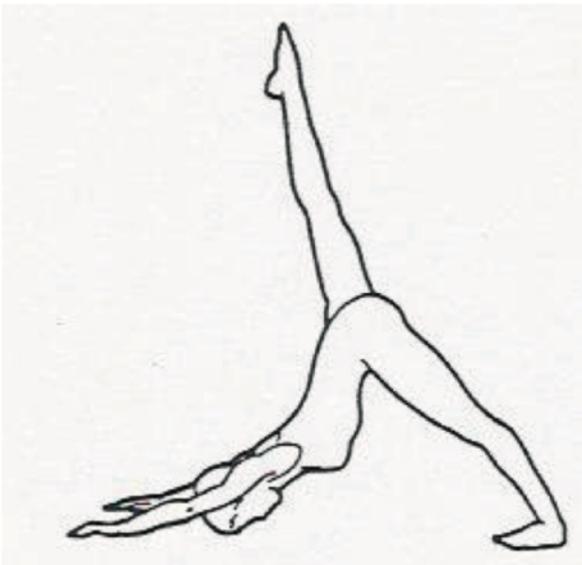
POSTURE (40 minuti circa)



1. LA PALMA SOLLEVATA



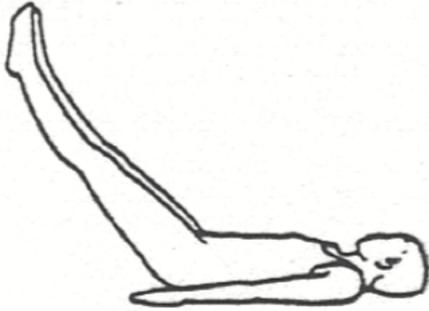
2. MEZZO ARCO IN GINOCCHIO



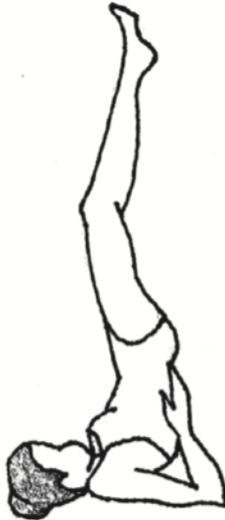
3. DELFINO CON GAMBA SOLLEVATA



4. QUARTO TRIANGOLO



5. POSIZIONE DELLA SQUADRA



6. LA CANDELA



7. FETO LEGATO

RILASSAMENTO

