

Catherine Guyot - Salutation au soleil

SURYA NAMASKAR - "La Salutation au Soleil"

Évocation du soleil comme source de lumière, source de vie

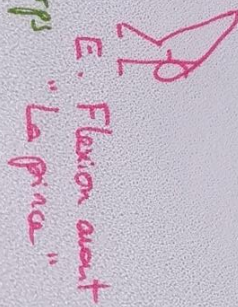
E = Expirer
I = Inspirer



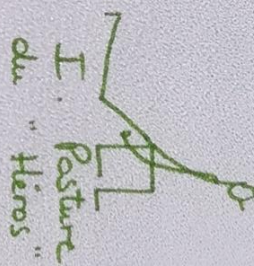
E. Salut



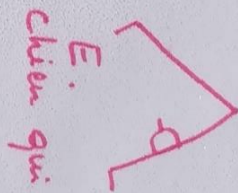
I extension
de l'avant du corps



E. Flexion avant
"La pince"



I. Posture
du "Héros"



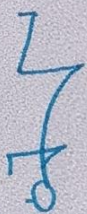
E. chien qui s'étire



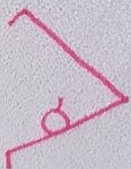
Repetition



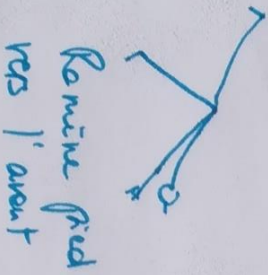
I. "Cobra"



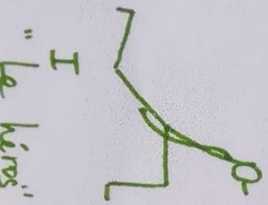
Repetition
arrière



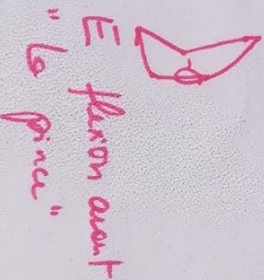
E. chien qui s'étire



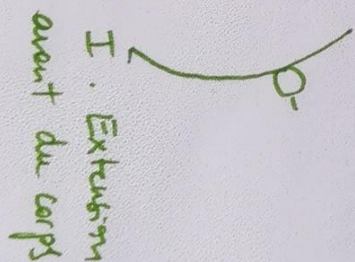
Remise pied
vers l'avant



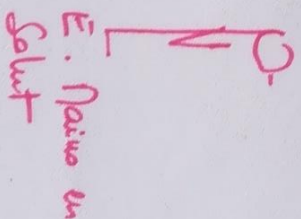
I "Le héros"



E. Flexion avant
"La pince"



I. Extension
avant du corps



E. Naive en
Salut