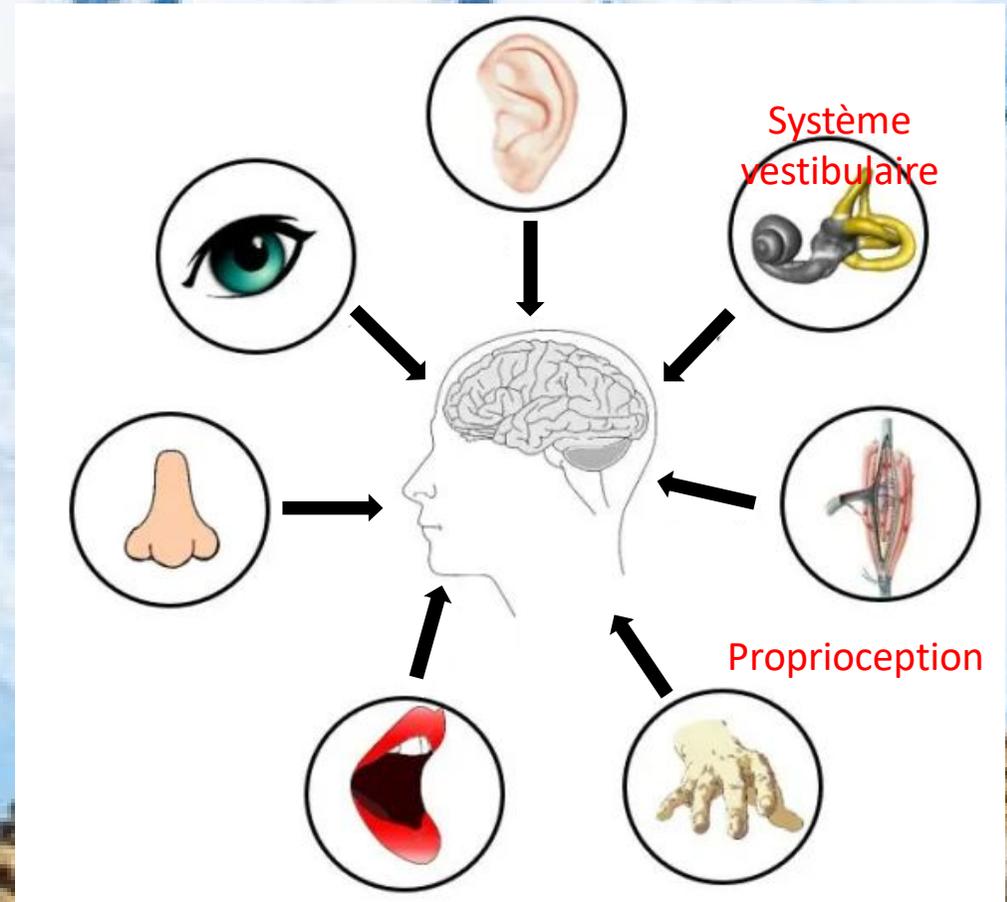
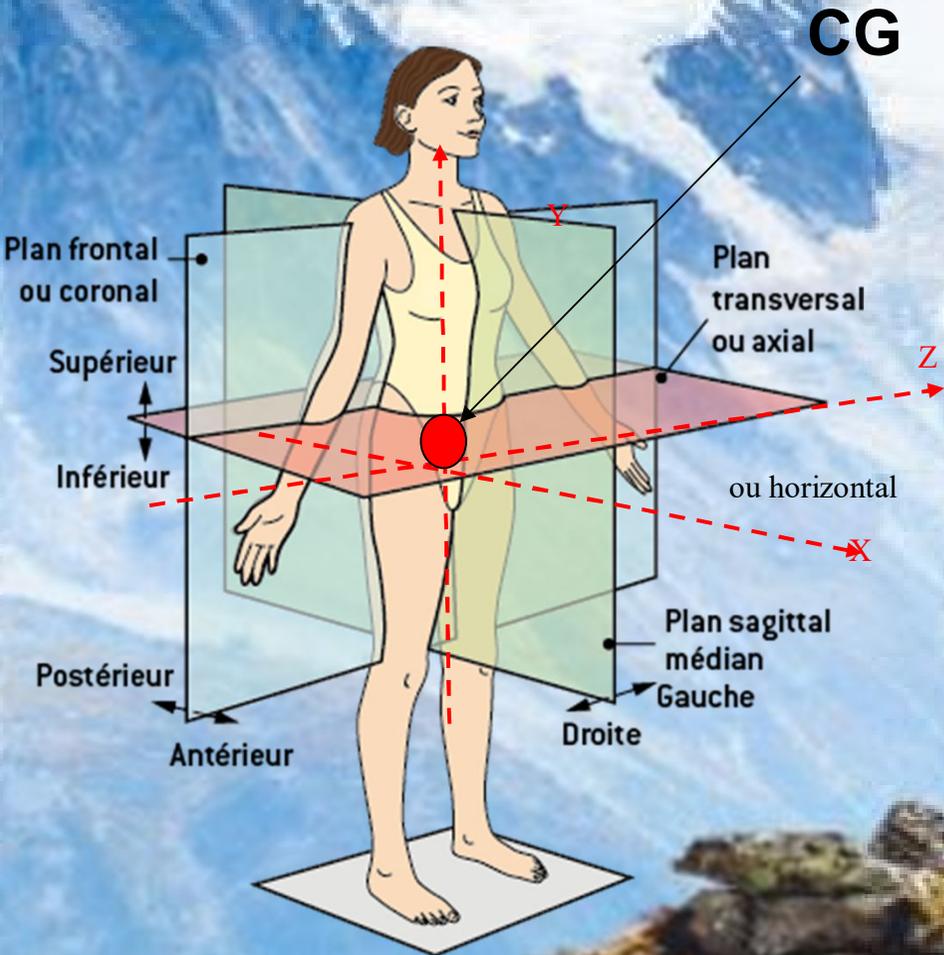


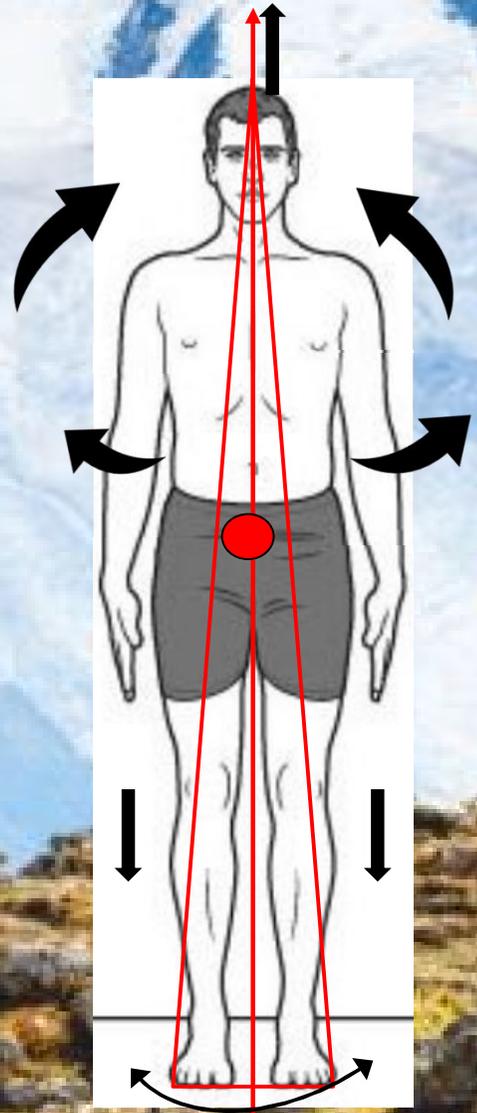
# SCHEMA CORPOREL ET PROPRIOCEPTION



# 6) Pratiques posturales

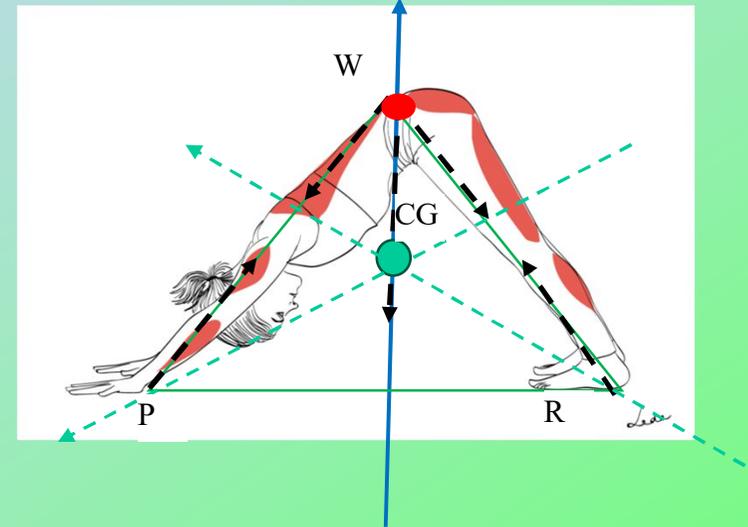
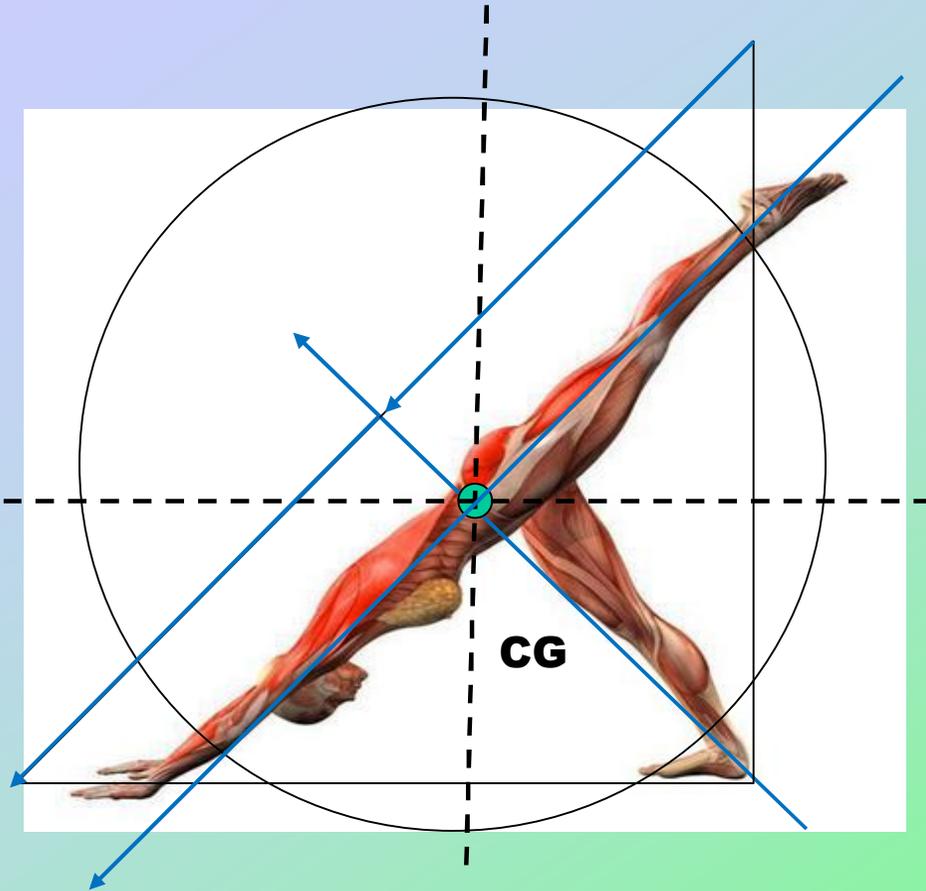
TADASANA

L'importance du centre de gravité de la posture (CG). Il est important de réaliser que c'est à partir de ce centre que ce construit la posture vers les points d'appuis, d'étirements et de la périphérie vers le CG.

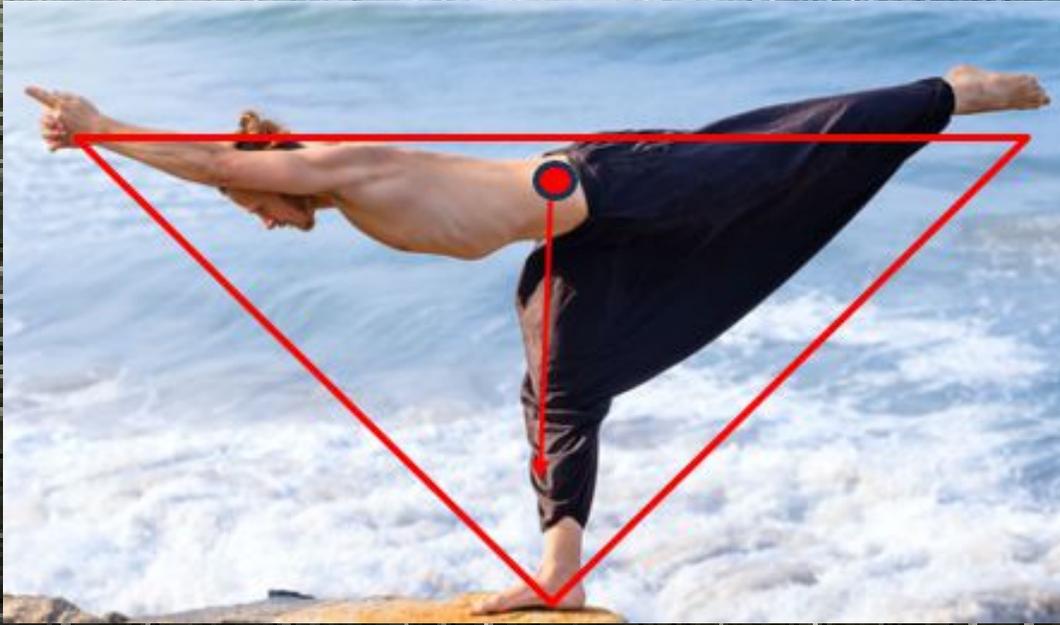


# 6) Pratiques posturales

## Adho Mukha Svanasana



VIRABHADRASANA III





**Vanoddiyanasana**

