



Pratique « Cœur ouvert et lumineux »

Séance à pratiquer avec : 1/ le support audio pour indications de guidages
2/ votre propre guide intérieur garant de votre santé et de votre bien être

1/



IN
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EX
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IN
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2/



IN
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EX
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IN
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3/



EX
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EX
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IN
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Ou bien



EX
→



3/



IN
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EX
→



Puis autre jambe

EX
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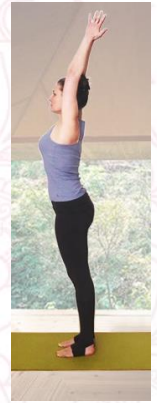
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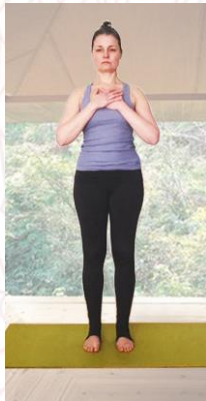
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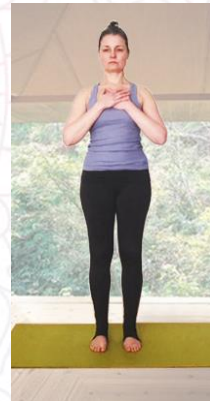
4/



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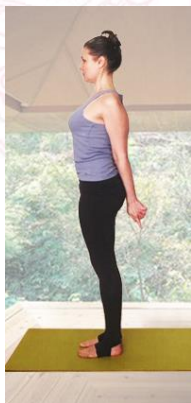


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Talons décollés du sol

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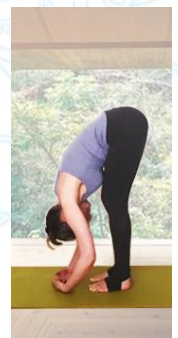


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Autres positions possibles

Puis autre jambe

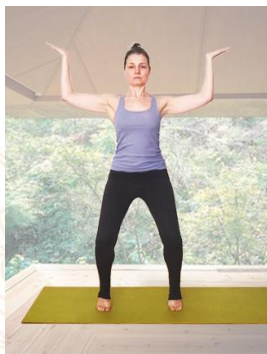


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Talons au sol

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Talons décollés du sol

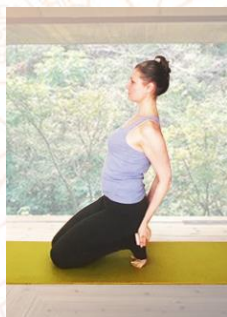
7/



Ou bien



8/



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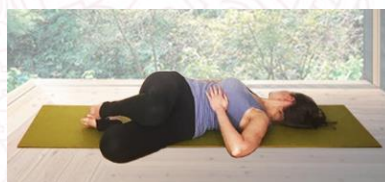


Autre position possible

9/



EX
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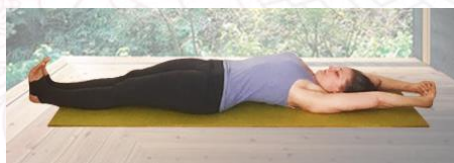


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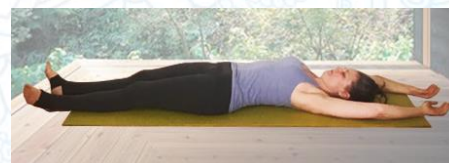


11/

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12/

