

## Un flow un peu relevé !

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Échauffement, salutations au soleil, flexions arrière et torsions.

Il s'agit d'une séquence en échelons qui permet de se familiariser avec son corps et qui facilite la fluidité de la séquence.



1. Crocodile repos



2. Demi Crocodile



3. Table, une jambe sur le côté



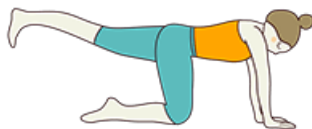
4. Enfant une jambe sur le côté



5. Gate Pose Forward Bend



6. Table, une jambe allongée  
croisée



7. Table Top Pose Variation Leg  
Raised



8. Cat Cow Pose



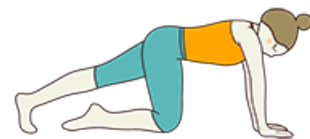
9. Puppy Dog Pose



10. Thread The Needle Pose  
Variation Half Frog Leg



11. Child Pose Leg To Side



12. Table Top Pose One Leg  
Extended Toes



13. Downward Facing Dog Pose



14. Plank Pose



15. Cobra Pose Elbows Bent



16. Downward Facing Dog Pose



17. Dangling Pose



18. Standing Yoga Seal Pose



19. Upward Forward Fold Hands  
On Shins



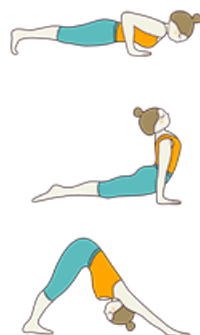
20. Standing Side Stretch Pose  
Legs Crossed



21. Shoulder Stretch Hands  
Behind Back Interlaced Fingers



22. Upward Forward Fold Hands  
On Shins



23. Flow I



24. Volcano Pose



25. Downward Facing Dog Tiger  
Curl Runners Lunge Flow



26. Three Legged Downward  
Facing Dog Pose Variation  
Stacked



27. Low Lunge Triceps Stretching



28. Half Splits Pose



29. Flow I



30. Crescent Low Lunge Half  
Splits Pose Airplane Arms Flow



31. High Lunge Pose



32. Twisted Reverse Warrior Pose



33. Flow I

O.S.

34. Repeat Other Side



35. Twisted Reverse Warrior Pose



36. Revolved Lunge Pose



37. Wide Legged Squat Over One Leg



38. Intense Leg Stretch Pose



39. Five Pointed Star Pose Arms Up



40. Warrior Pose II Five Pointed Star Pose Hands Together Flow



41. Reverse Warrior Pose



42. Flow I



43. Triangle Pose Variation Bent Knee



44. Five Pointed Star Pose Arms Up



45. Revolved Side Angle Pose



46. Child Pose



47. Camel Pose Variation 1



48. Camel Pose



49. Cat Pose



50. Easy Pose Variation Arms Knees



51. Staff Pose



52. Staff Hand To Big Toe Pose