



MINDFULNESS

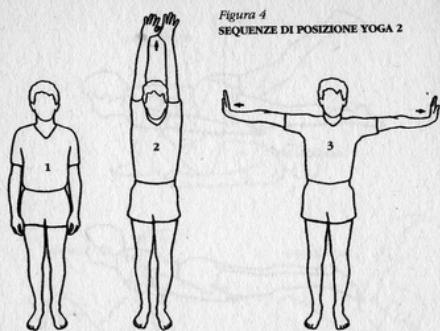
UN PERCORSO DI CONSAPEVOLEZZA

YOGA IN PIEDI

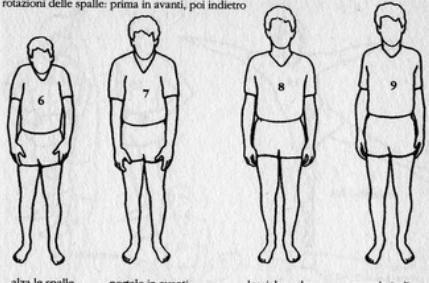


Tempo di esecuzione : 10 minuti circa o libera

Figura 4
SEQUENZE DI POSIZIONE YOGA 2



rotazioni delle spalle: prima in avanti, poi indietro



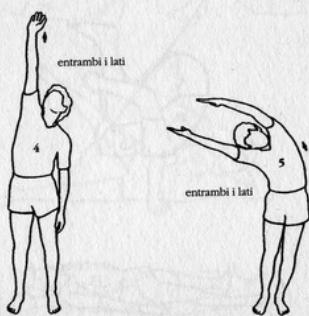
alza le spalle

portale in avanti

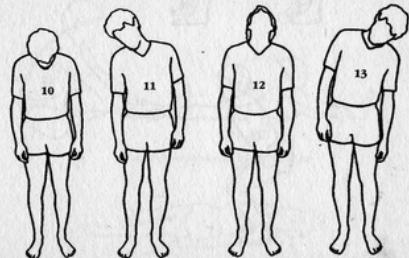
lasciale cadere

portale indietro

entrambi i lati



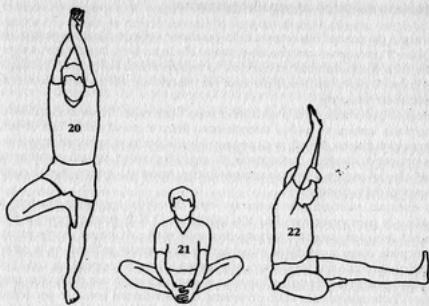
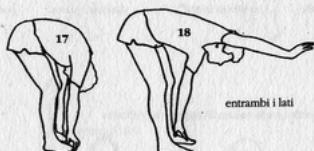
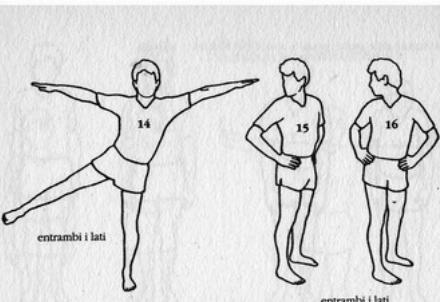
rotazioni del collo: prima in una direzione, poi nell'altra





YOGA IN PIEDI

Tempo di esecuzione : 10 minuti circa o libera



ripeti la sequenza 22-24 dall'altro lato

