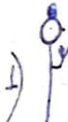
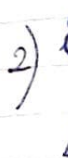








## SEQUENZA di SALUTI al SOLE

20 / 30 minuti la mattina

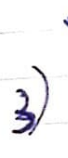





1)  10 respiri profondi del naso  
IN per 6 secondi (inspire)    OUT per 6 secondi (espire)

2)       






IN    OUT    IN    OUT    IN    OUT

**3 VOLTE**



- inizio con ginocchia un po' piegate poi stendo -

3)      

IN    OUT    IN    OUT su    IN    OUT su







    

IN dx    OUT    IN    OUT    IN







 

OUT dx    IN    OUT









**Ripeto iniziando con la gamba SINISTRA**

4)      

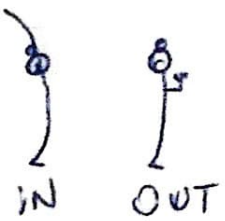
IN    OUT    IN    OUT sin    IN    OUT

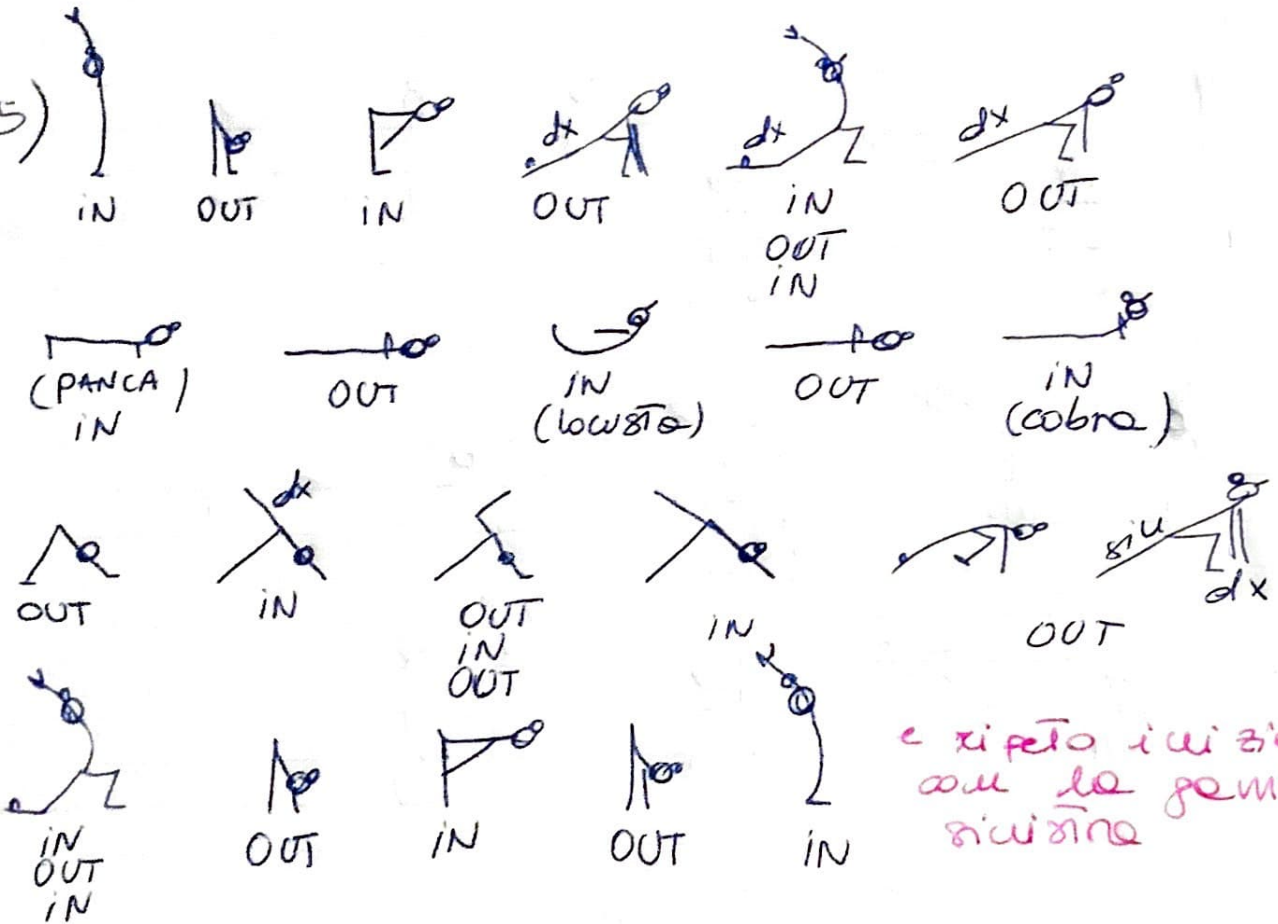
IN (PANCA)    OUT (a terra)    IN (loresta)    OUT    IN (COBRA)    OUT

IN dx    OUT    IN sin    IN    OUT    IN    OUT



e ripeto  
iniziando con la  
parte sinistra



e ripeto iniziando  
con la parte  
sinistra

