




A WAY TO HARMONY



Badot Aurélie





Séance Adultes


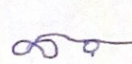
un moment pour se poser



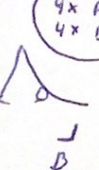
A Way To Harmony
By BADOT Aurélie




1)  - prendre le temps de respirer
- De ressentir son corps
(10-12 R)




2)  $\xrightarrow{\text{ex}}$  (8x Dyn)

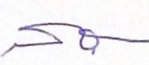
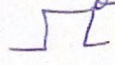
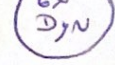
3)  $\xrightarrow{\text{ex}}$  (2R) $\xrightarrow{\text{In}}$  $\xrightarrow{\text{ex}}$  (2R) (4x Dyn)




4)  $\xrightarrow{\text{ex}}$  (4x Dyn)

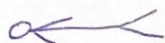


5)  $\xrightarrow{\text{In}}$  $\xrightarrow{\text{ex}}$  (4x A, 4x B)

6)  $\xrightarrow{\text{In}}$  $\xrightarrow{\text{ex}}$  (2x Dyn, 4x STAT, 1R)

7)  $\xrightarrow{\text{In}}$  $\xrightarrow{\text{ex}}$  (6x Dyn)

8)  $\xrightarrow{\text{In}}$  $\xrightarrow{\text{ex}}$  (6x Dyn)

9)  $\xrightarrow{\text{In}}$  $\xrightarrow{\text{ex}}$  (8x Dyn)

10)  $\xrightarrow{\text{In}}$  $\xrightarrow{\text{ex}}$  (16R)
Écouter une musique ou une méditation...

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