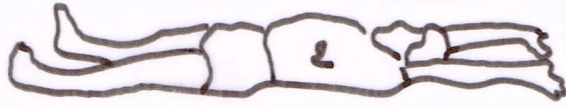


# Posture de yoga couché

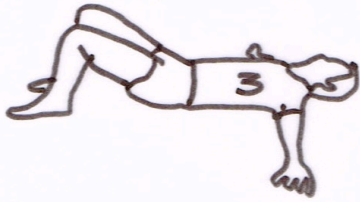
À pratiquer en pleine conscience



Coucher sur le dos



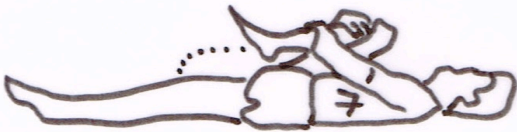
Etirement complet du corps en position couché sur le dos



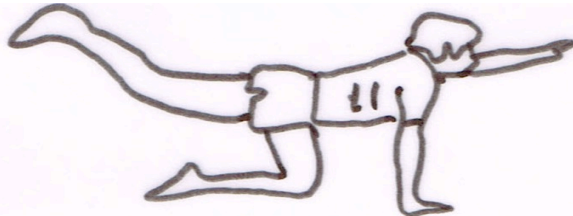
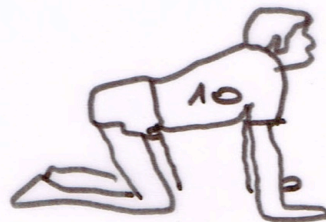
Bas du dos presse contre le sol



Bas du dos cambre, le bassin reste au sol



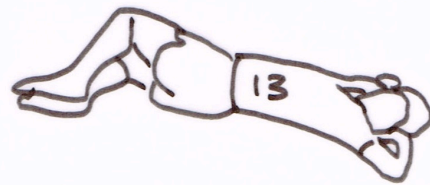
Des deux côtés



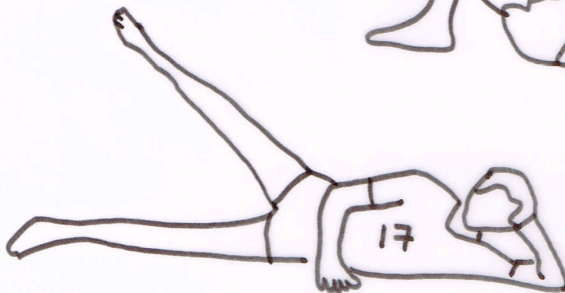
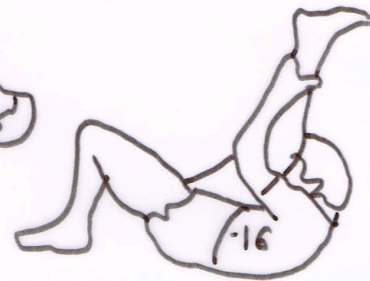
Les deux cotés



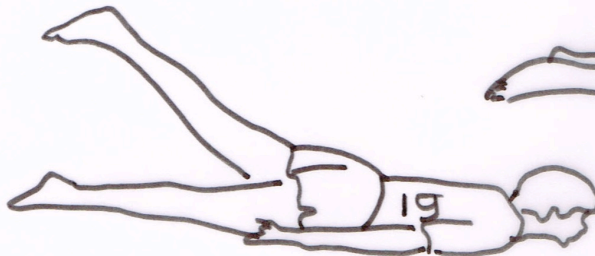
Les deux cotés



Les deux cotés



Les deux cotés



Les deux cotés



Tirées de l'ouvrage : Au Coeur de la tourmente, la pleine conscience de Jon Kabat-Zinn, Ph.D