

CERVICALE



TADASANA

ASCOLTO
RESPIRO X 5



ASCOLTO

RESPIRO X 5
ATTIVO: DIAPHRAMMI
ADDOMINALE
TORACICO
CERVICALE



MOVIMENTI
CERVICALE
X RISCALDAMENTO

- mm Scaleri
- SCOM
- PLATISMA

EST/FLEX
ROT C_{dx}
8V



Massaggio con pallina
alla base del cranio
(MIDOLLO ALLUNGATO)

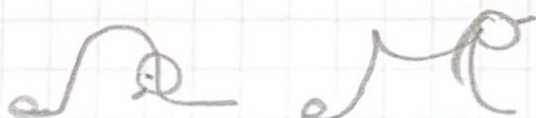


Respiro diaframma X 3/5



movimenti
con gli occhi $\uparrow, \downarrow, \rightarrow, \leftarrow$

poi segue
la testa



X 3 volte

Gadda/Mucca

prima si muovono gli
occhi poi capo e colonna



ADHO MUKHA VIRASANA

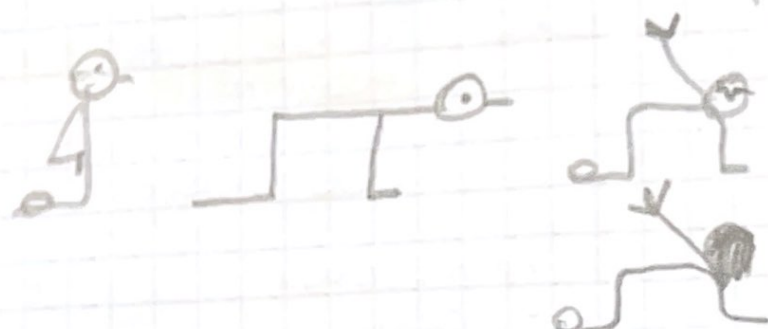


Kottorekko





USTRASANA
prima gli occhi
poi tutta la colonna



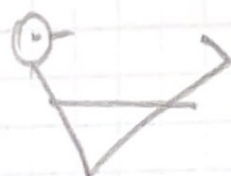
rotazione -
apertura a dx

apertura - rotazione
sn

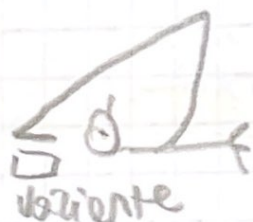


ARDDHA MATSYENDRASANA
dx e sn

(occhi)
prima lo sguardo poi
il movimento del corpo



NABSANA

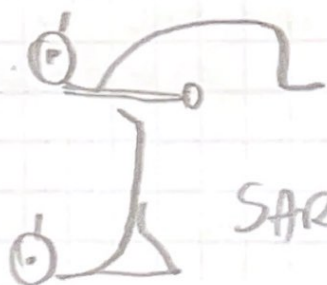


HALASANA

MATSYASANA



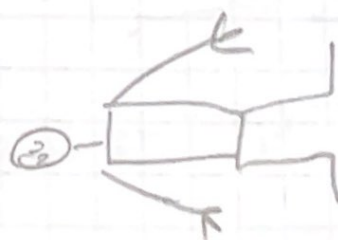
Setu bandha sarvangasana



SARVANGASANA



APANMASANA



Sarvangasana
XS