

NERVO VAGO - Pratica OSTEOYOGA



TADASANA
ascolto
respiro



ASCIUTO
RESPIRO $\leftarrow$ Addominale
Toracico
clavicolare



Movimenti
CERVICALE
Riscaldamento $\leftarrow$ mm
Scaleni
SCOM
PLATISMA

+ Massaggio con Biliha



Movimenti
di Pressione
del CRANIO

dx e
sn

+ massaggi della cervicale e
lombare

SEGMENTO - CERVICALE
DORSALE
LOMBARE



Respiro Ujjayi

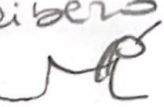
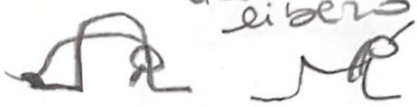
Gatto - Mucca
libero

x 3 volte

su tutta la colonna

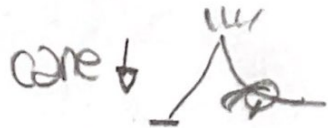
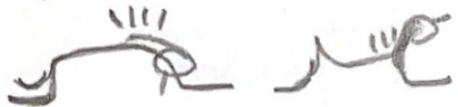
con Attenzione all'ESPIRAZIONE

INSPIR x 4
ESPIR x 6



poi solo DORSALE

e poi solo LOMBARE



core ↓

e core ↑



x 3 volte

con ESPIRAZIONE + Ujjayi

ADHO
MUKHA
SHIRSHASANA



low lunge



apertura petto

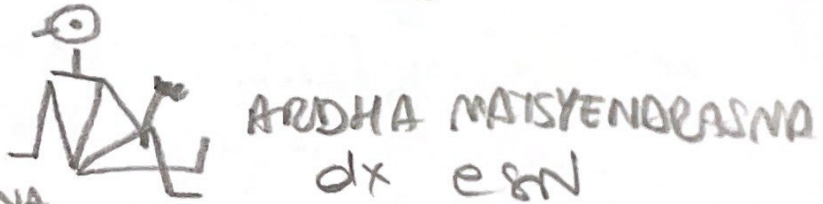
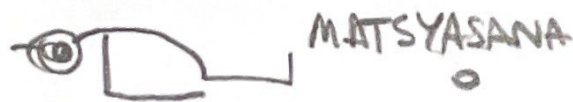
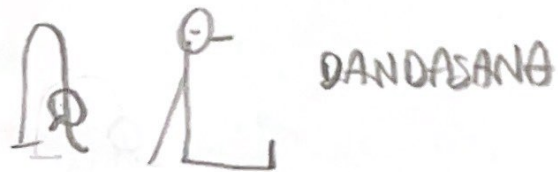
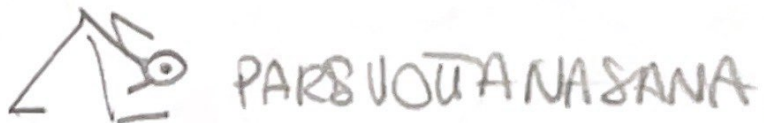
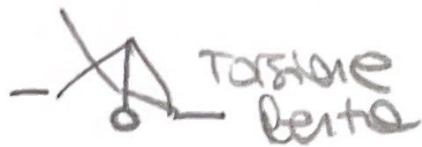
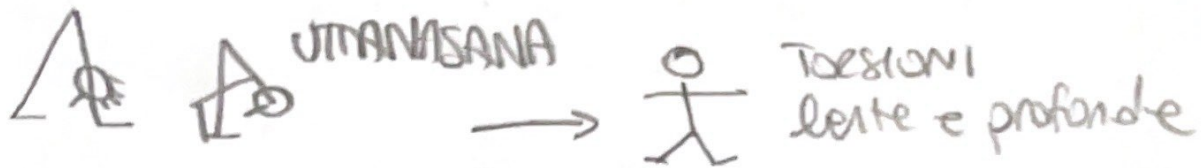
dx e
sn



PARIVRITA
TRIKONASANA

dx esn

con ESPIRAZIONE AT LUNGO (x6)
NUOVE TORSIONE



ESP x6

