




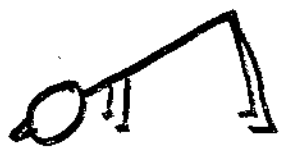

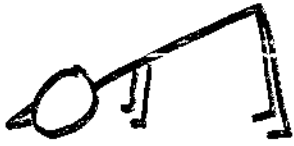
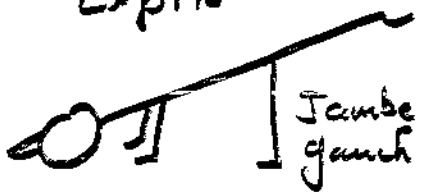





# ETIREMENT DU CHIEN

## ASSIS

Assouplit dos et arrière des Jambes

<p>1</p>  <p>Foetus</p>	<p>2 Inspir</p>  <p>S'ÉTIRER vers l'Avant</p>	<p>3 Expir</p>  <p>Dos Rond</p>
<p>4 Inspir</p>  <p>Dos Creux</p>	<p>5 Expir</p>  <p>Retourner les orteils</p>	<p>6 Inspir</p>  <p>Pousser dos plat Jambes Étirées - Talons collés</p>
<p>7 Expir</p>  <p>Jambe droite</p> <p>Dos et Jambe en prolongement talon collé au Sol</p>	<p>8 Inspir</p>  <p>Revenir Dos plat Jambes étirées Talons Collés au Sol</p>	<p>9 Expir</p>  <p>Jambe gauche</p> <p>Idem 7</p>
<p>10 Inspir</p>  <p>Idem que 8</p>	<p>11 Expir</p>  <p>Revenir à la palette Dos plat</p>	<p>12 Inspir - Expir</p>  <p>Foetus</p>