

Pratique pour la dépression

• 60 mins • Débutants

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Énergétiquement, la dépression se manifeste par un état de stagnation intérieure, où la tristesse, la négativité, le sentiment d'impuissance et le désespoir dominant. La pratique ci-dessous offre une opportunité de mettre le corps en mouvement afin d'aider le prana à circuler. Il s'agit d'une pratique lente, d'intensité modérée.



1. Easy Pose • Sukhasana



2. Diaphragmatic Breathing

Breath Awareness

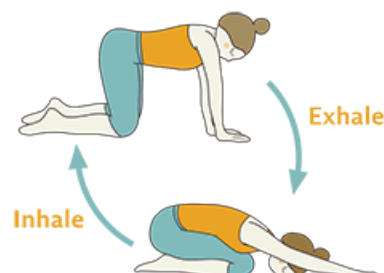
3. Breath Awareness Section



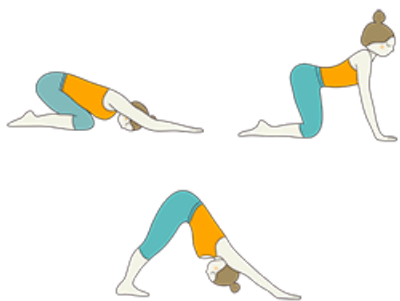
4. Table Top Pose •
Bharmanasana



5. Cat Cow Pose • Bitilasana
Marjaryasana



6. Table Top Child Pose Flow •
Bharmanasana Balasana Flow



7. **Child Pose Downward Facing Dog Pose Flow** • Balasana Adho Mukha Svanasana Vinyasa



8. **Balancing Table Pose** • Dandayamana Bharmanasana



9. **Balancing Table Pose With Knee To Nose Flow** • Dandayamana Bharmanasana Knee To Nose Vinyasa



10. **Downward Facing Dog Pose** • Adho Mukha Svanasana



11. **Dangling Pose** • Baddha Hasta Uttanasana



12. **Sun Breath Yoga Sequence** • Surya Prana Yoga Anukrama



13. **Plank Pose** • Phalakasana



14. **Table Top Pose** • Bharmanasana



15. **Easy Pose** • Sukhasana



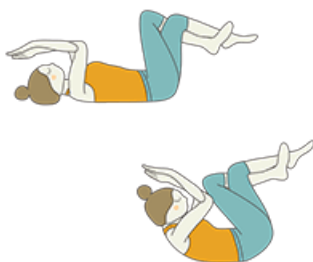
16. **Easy Boat Pose** • Sahaja
Navasana



17. **Constructive Rest Pose** •
Savasana Variation Bent Legs



18. **Reclined Eagle Pose** • Supta
Garudasana



19. **Reclined Eagle Crunches** •
Supta Eagle Crunches



20. **Side Lying Corpse Pose** •
Parsva Savasana



21. **Easy Pose Variation Arms
Knees** • Sukhasana Variation
Arms Knees



22. **Prop Blanket**



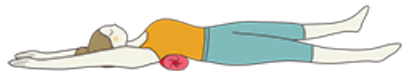
23. **Easy Boat Pose** • Sahaja
Navasana



24. **Constructive Rest Pose** •
Savasana Variation Bent Legs



25. **Reclining Backbend Over Bolster Knees Bent** • Supta Anuvittasana Over Bolster Knees Bent Bent



26. **Reclining Backbend Over Bolster Hands Behind Head** • Supta Anuvittasana Over Bolster Hands Behind Head



27. **Reclining Backbend Over Bolster Knees Bent** • Supta Anuvittasana Over Bolster Knees Bent Bent



28. **Side Lying Corpse Pose** • Parsva Savasana



29. **Easy Pose Variation Arms Knees** • Sukhasana Variation Arms Knees



30. **Prop Block**



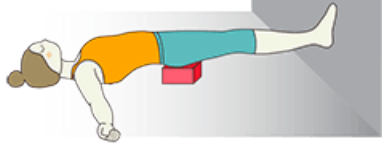
31. **Easy Boat Pose** • Sahaja Navasana



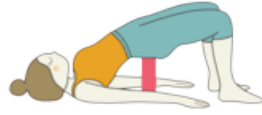
32. **Constructive Rest Pose** • Savasana Variation Bent Legs



33. **Bridge Pose Block** • Setubandha Sarvangasana Block



34. **Bridge Pose Variation Block Under Sacrum Wall** • Setubandha Sarvangasana Variation Block Under Sacrum Wall



35. **Bridge Pose Block** • Setubandha Sarvangasana Block



36. **Constructive Rest Pose** • Savasana Variation Bent Legs



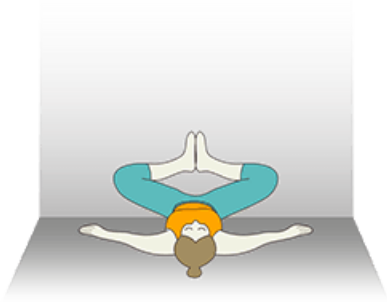
37. **Side Lying Corpse Pose** • Parsva Savasana



38. **Easy Pose Variation Arms Knees** • Sukhasana Variation Arms Knees



39. **Legs up the Wall Pose** • Viparita Karani



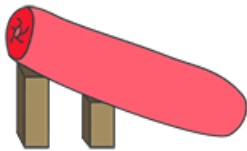
40. **Wall Butterfly Pose** • Wall
Baddha Konasana



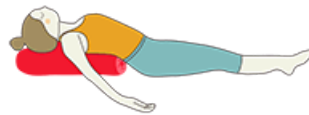
41. **Side Lying Corpse Pose** •
Parsva Savasana



42. **Easy Pose Variation Arms
Knees** • Sukhasana Variation
Arms Knees



43. **Prop Bolster Two Blocks**



44. **Fish Pose Bolster** •
Matsyasana Bolster



45. **Corpse Pose** • Savasana