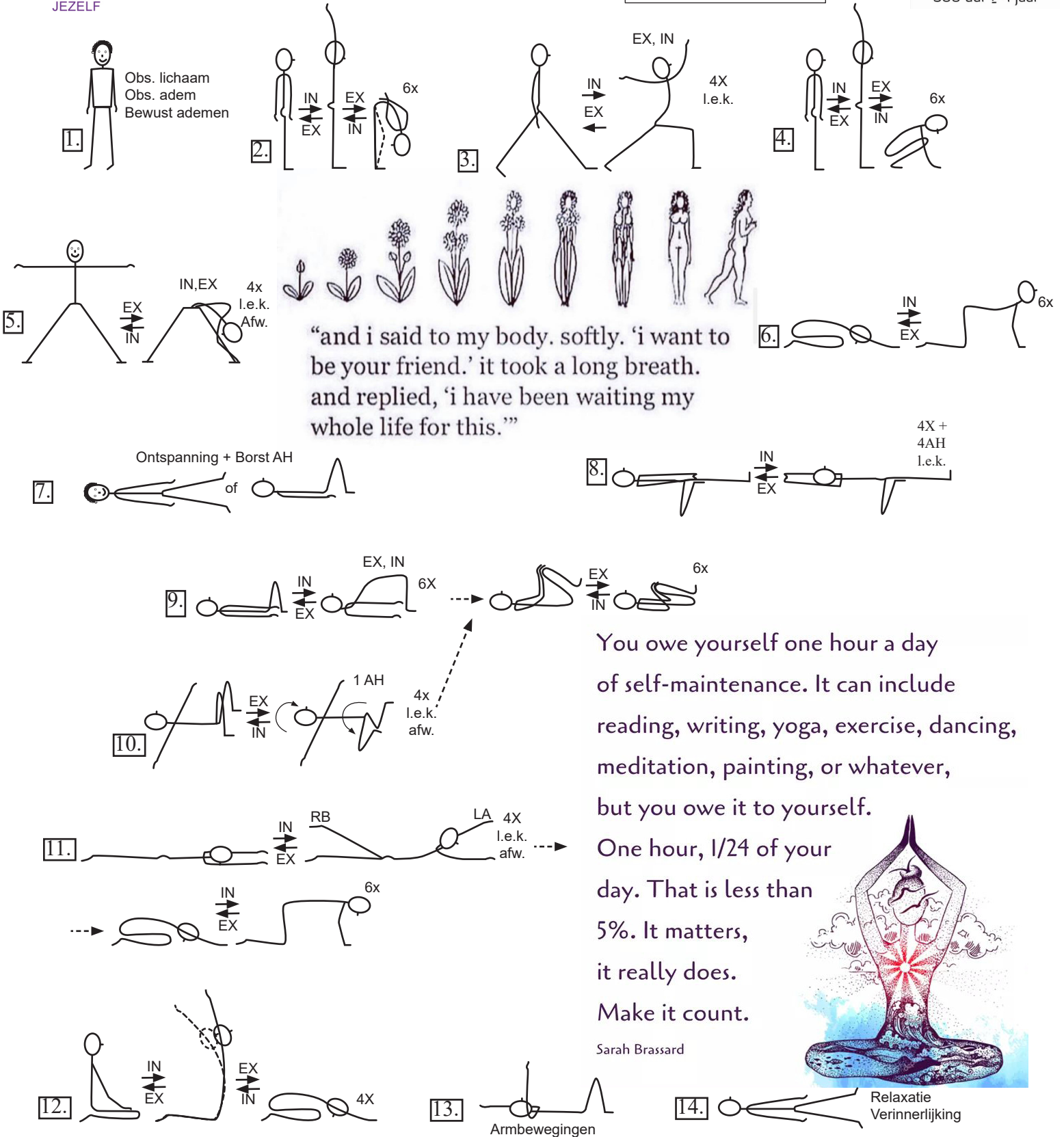


Algemene richtlijnen voor de ganse les:
Aandacht voor lichaam, ademhaling en geest
Beweging en AH vloeien samen
Rug gestrekt ==> Aanzet KK
Achterover buigen ==> Hoofd laatst

Korte Oefenschema's:
a) 1, 2, 3, 4, 5, 6, 7
b) 8, 9, 10, 11, 12, 13, 14
c) 1, 2, 3, 7, 9, 10, 13, 14
d) 1, 4, 5, 6, 8, 11, 12, 14



1. Obs. lichaam
Obs. adem
Bewust ademen

2. 6x

3. 4X l.e.k.

4. 6x

5. 4x l.e.k. Afw.

6. 6x

7. Ontspanning + Borst AH

8. 4X + 4AH l.e.k.

9. 6X

10. 1 AH 4x l.e.k. afw.

11. RB LA 4X l.e.k. afw.

12. 4X

13. Armbewegingen

14. Relaxatie Verinnerlijking

“and i said to my body. softly. ‘i want to be your friend.’ it took a long breath. and replied, ‘i have been waiting my whole life for this.’”

You owe yourself one hour a day of self-maintenance. It can include reading, writing, yoga, exercise, dancing, meditation, painting, or whatever, but you owe it to yourself.

One hour, 1/24 of your day. That is less than 5%. It matters, it really does.

Make it count.

Sarah Brassard

