

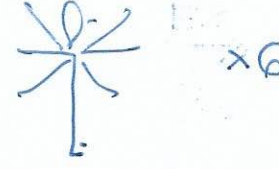
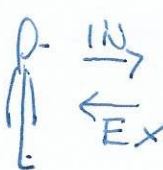
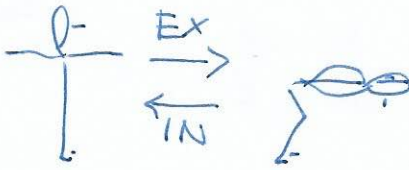



ALARGAR LA EX


1)  EX: aflojar pecho y al final activar el abdomen bajo

2)   x6


2)   x3/cada
a) EX = 4"
b) EX = 6"
c) EX = 8"






3)  *  * vacío: a = 2"
b = 3"
c = 4" x2/cada



4)  a) EX activa "libero lo que no necesito"
b) EX = 4"/6"/8" x3/cada
c) IN = 2" EX = 4"
IN = 3" EX = 6"
IN = 4" EX = 8" x3/cada

5)  a - EX = 6" b - EX = 6 vacío 2"
c - EX = 8" x4/cada

ALARGAR LA INSPIRACIÓN

1)  respirar como estamos delante del mar

2)      x3



3)  

a	- IN = 4"
b	- IN = 6"
c	- IN = 8"

 x3/cada

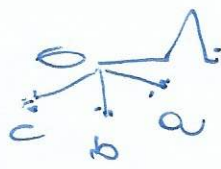
4)    * pause cómodo en lleno

5)  "respirar el cielo"

6)  


a	- IN = 4"
b	- IN = 6"
c	- IN = 8"

 x2/cada

7) 

a	- IN = 4"	lleno 2"
b	- IN = 6"	" 3"
c	- IN = 8"	" 4"

 x4/cada

8) 

a	- IN = 4"	lleno 2"
b	- IN = 6"	-
c	- IN = 6"	lleno 2"
d	- IN = 8"	

 x4/cada