

Cette posture est très efficace pour les personnes ayant des problèmes de circulation. Le plancher pelvien et le dos sont également renforcés.

1. Agenouillez-vous en gardant le dos bien droit.
2. Tendez votre main droite vers l'arrière pour toucher votre talon droit. Faites de même avec la main gauche.
3. Penchez-vous en arrière en pliant doucement le dos et en écartant vos genoux.
4. Tenez la position pendant 30 secondes.
5. Aidez-vous de vos abdominaux pour vous remettre droit.

Chacun de ces exercices vous permettra de tonifier vos pectoraux, et donc de donner une meilleure tenue naturelle à vos seins. Il vous faudra, bien entendu, répéter ces exercices régulièrement afin d'obtenir des résultats. Si l'on tient compte de tous les autres bienfaits apportés par ces postures, cela vaut vraiment le coup d'essayer.

Cette position est très bonne pour votre circulation sanguine ainsi que pour vos problèmes de digestion ou de tenue.

1. Allongez-vous sur le dos avec les jambes pliées. Positionnez vos pieds le plus proche possible de vos fesses.
2. Mettez vos mains à côté de votre tête dans l'alignement des épaules.
3. Levez vos hanches en écartant vos pieds.
4. Imaginez qu'un fil invisible tire votre buste vers le haut.
5. Étirez vos bras au maximum et tenez la position pendant 30 secondes.
6. Détendez doucement votre corps pour relâcher la position et revenez à la position allongée initiale.

**Ces 5 Exercices Vous
Permettent De Raffermir
Naturellement Votre
Poitrine Et Vos Cuisses**

Virabhadrasana 2 (posture du guerrier 2)

Super Remegra vedes Pour Vos Problegravemes De Digestion

Sebastian Brünink



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