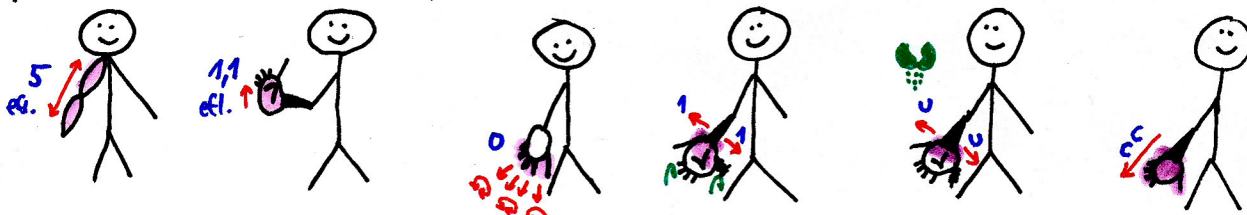


1) DLAN'

ROZEHŘÁTÍ



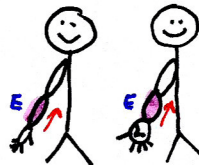
STIMULACE



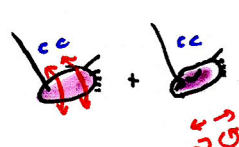
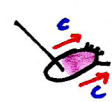
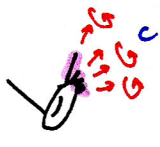
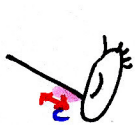
UVOLNĚNÍ, MOBILIZACE



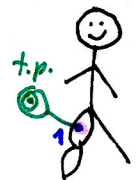
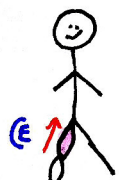
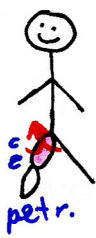
2) PAŽE



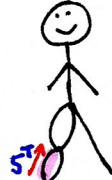
3) CHODIDLO



4) DOLNÍ KONČETINA



(trap - back, up, slip, bend, w/w towel)

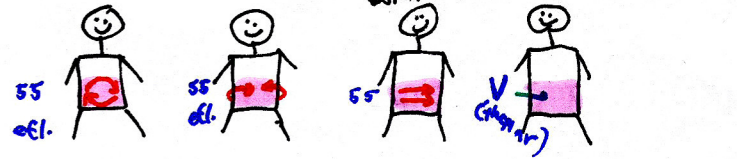
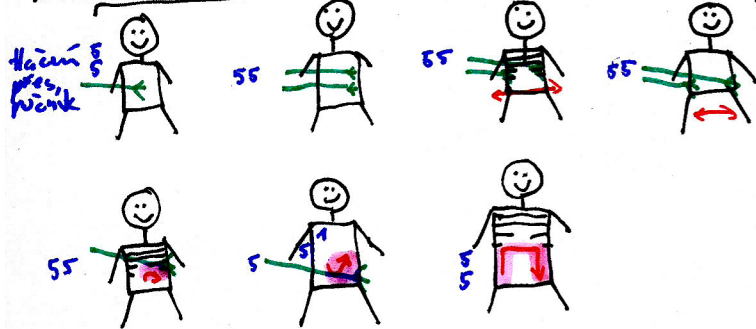


nebo E nebo E nebo V nebo 7

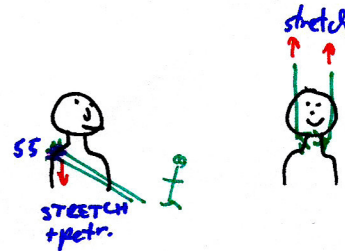
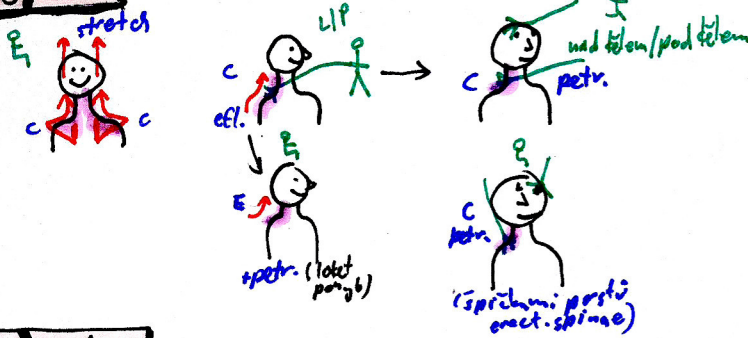




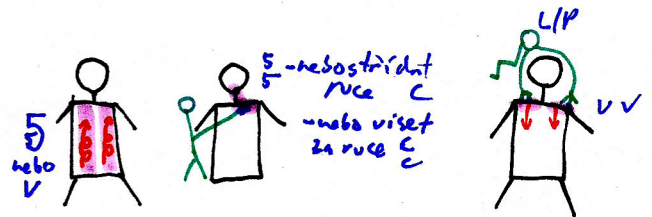
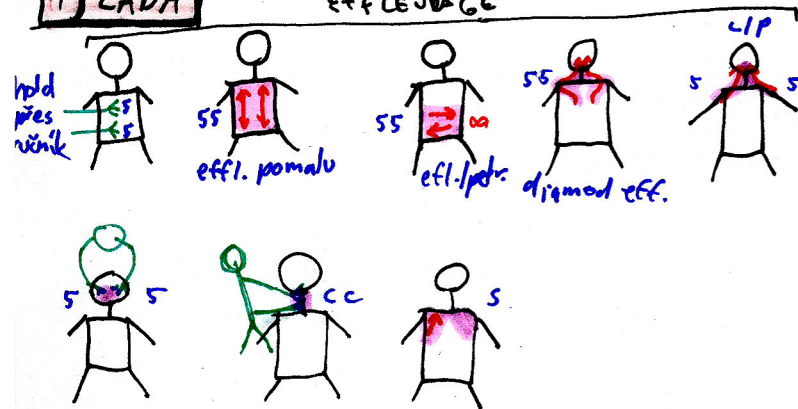
5 BŘÍCHO - pomalu! přes evěník



6 KRK - otáčet pomalu



7 ZÁDA REFLEUAGE



8 ZÁDA DEEP TISSUE

