

**MODULE 1**  
**TERRE | MATIÈRE |**  
**FONDATIONS | RACINES | DIRECTION**

**BDY.**

# TERRE | MATIÈRE | FONDATIONS | RACINES | DIRECTION

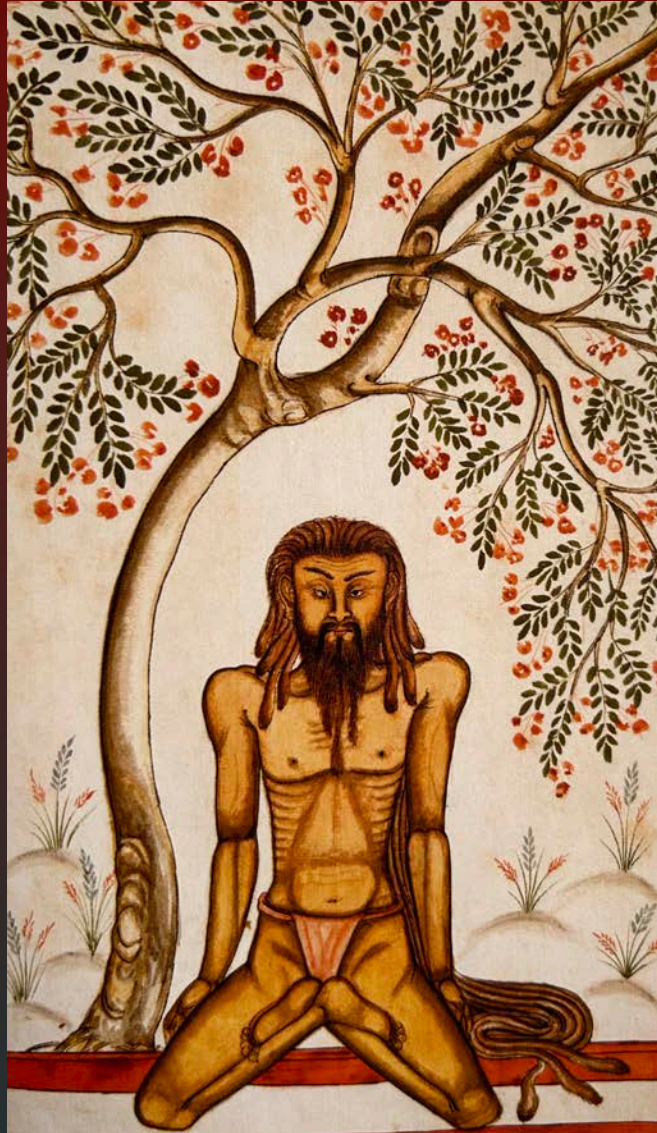
## नमस्ते

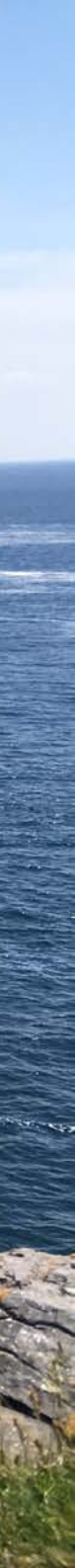
[nah-mas-tay] *sanskrit;*

- my soul recognizes your soul, i honour the light, love, beauty, truth and kindness within you because it is also within me, in sharing these things there is no distance and no difference between us, we are the same, we are one.

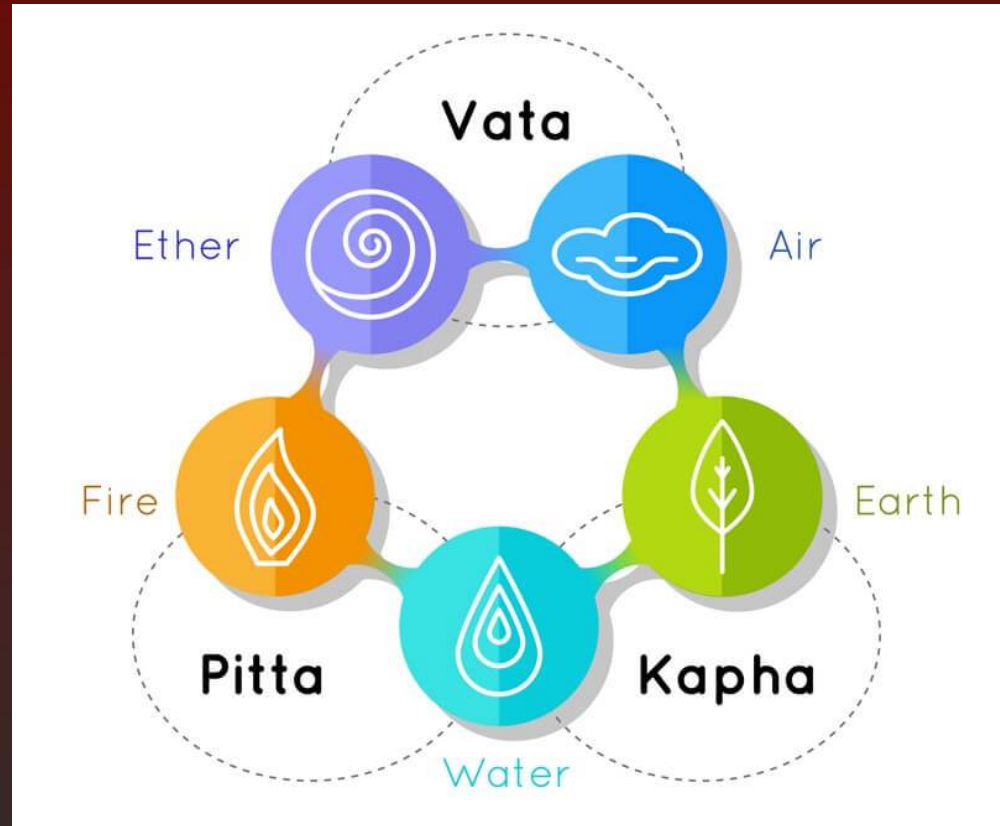


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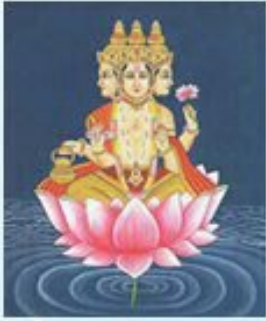
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Les doshas en Ayurveda  
Kapha - element terre/eau

le corps s'enracine,  
se relie à la Terre.

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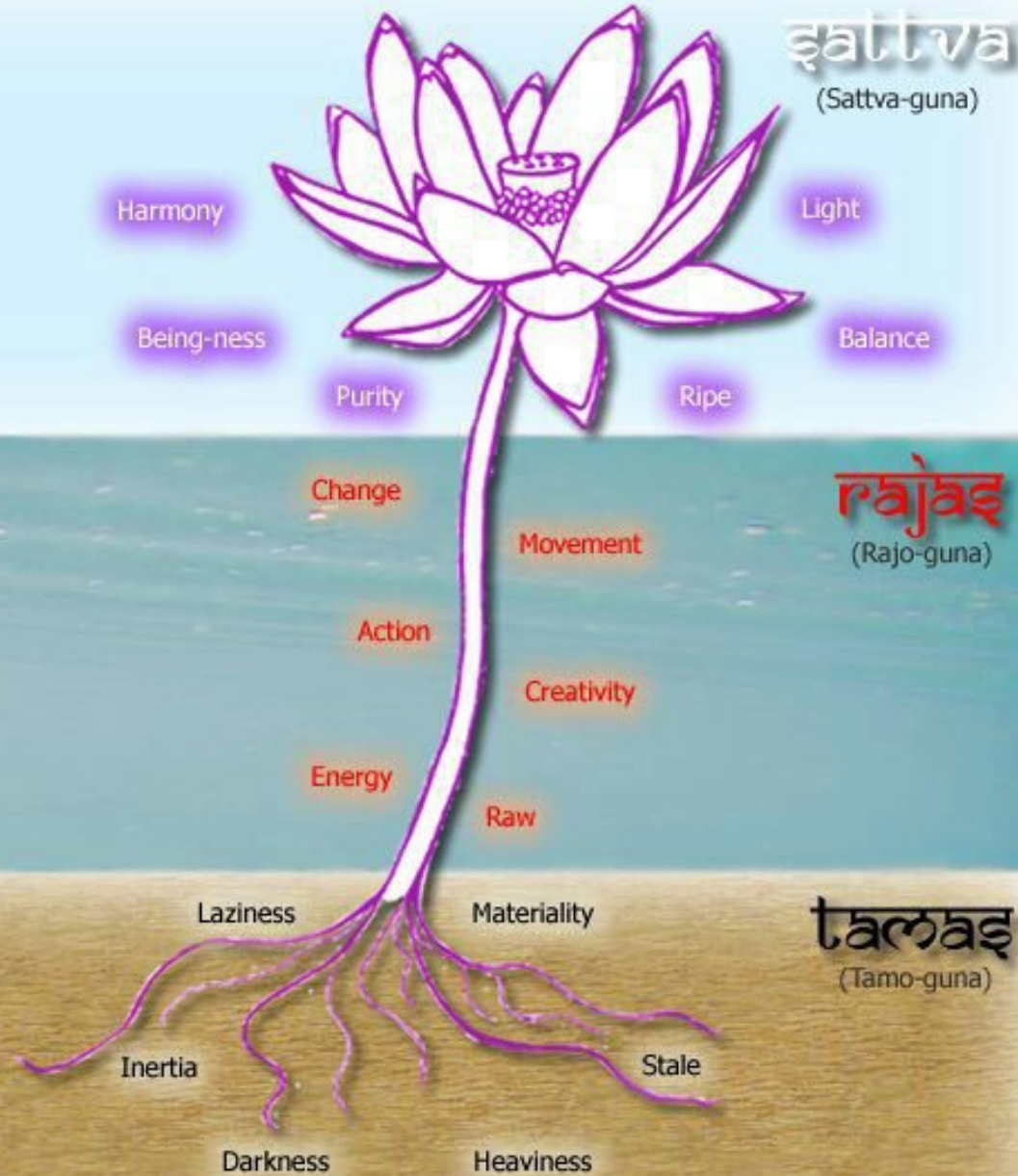
**ब्रह्मा**  
(Creator)



**विष्णु**  
(Preserver)

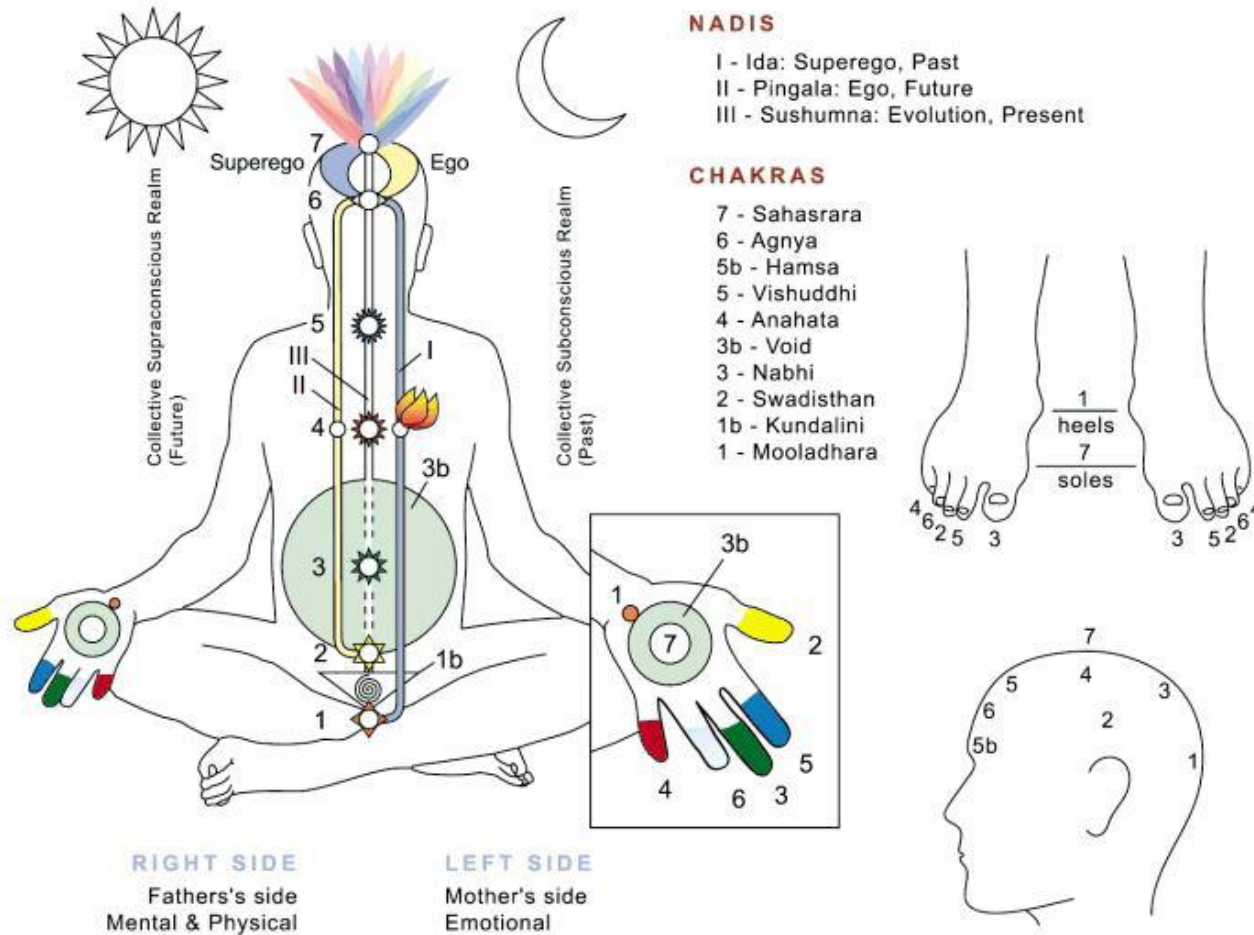


**शिव**  
(Destroyer)

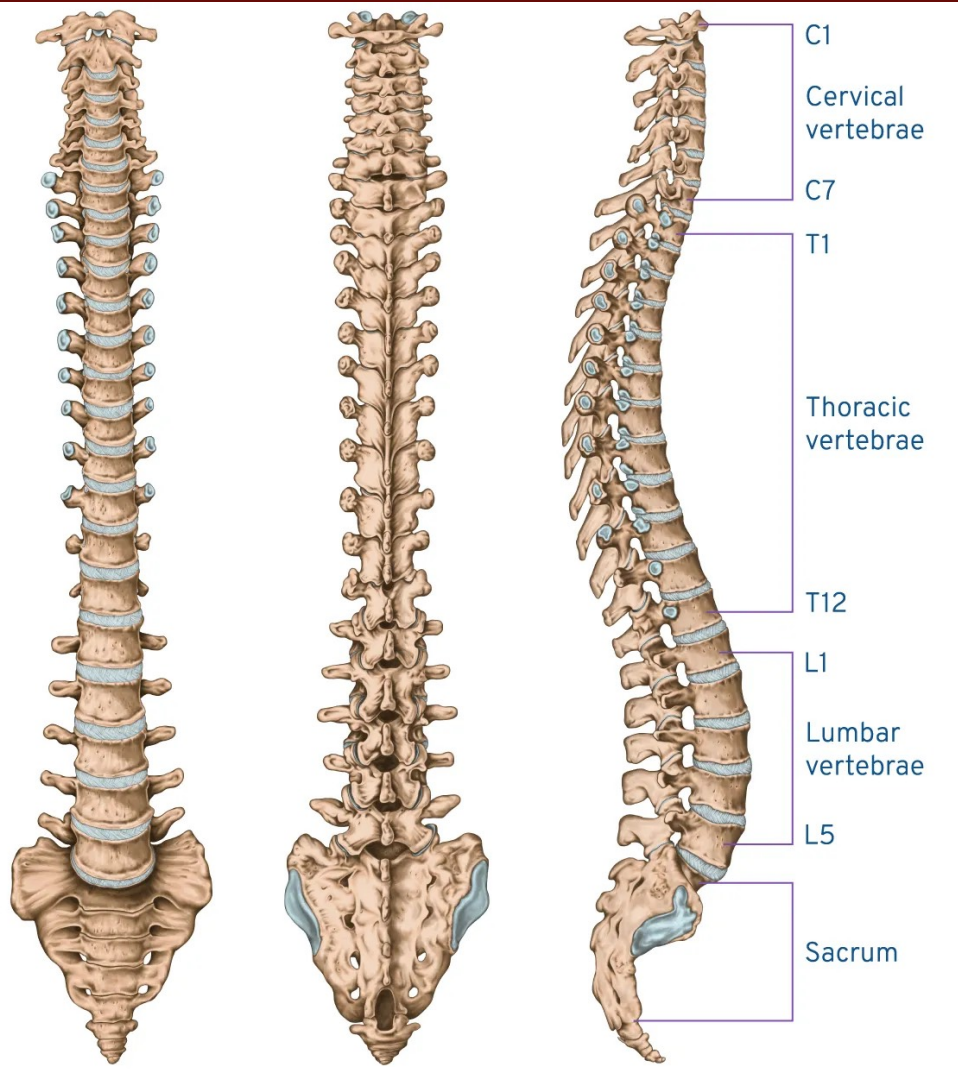


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## SUBTLE SYSTEM CHART



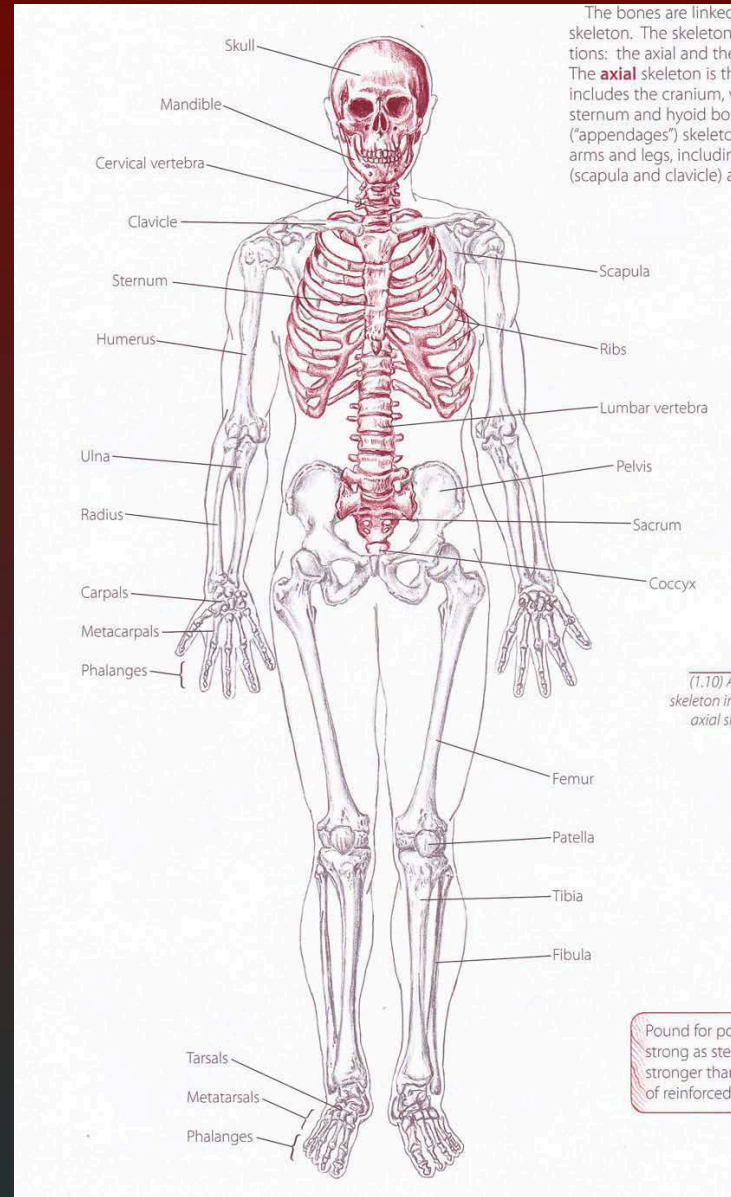
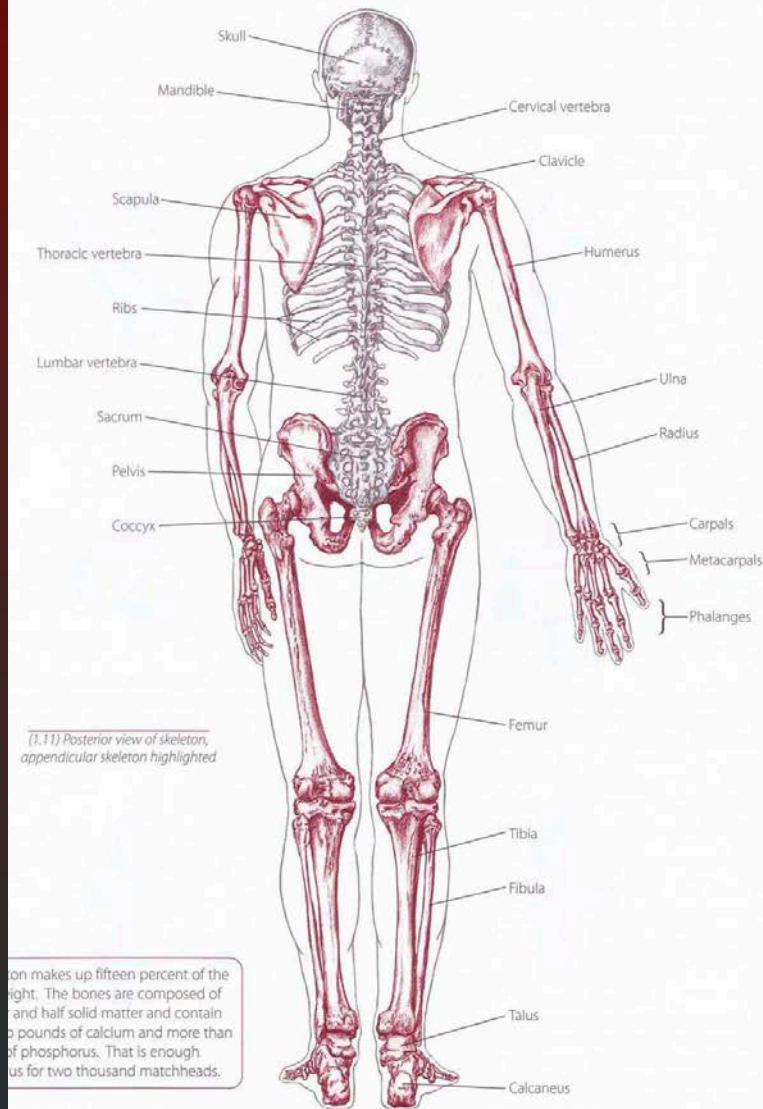
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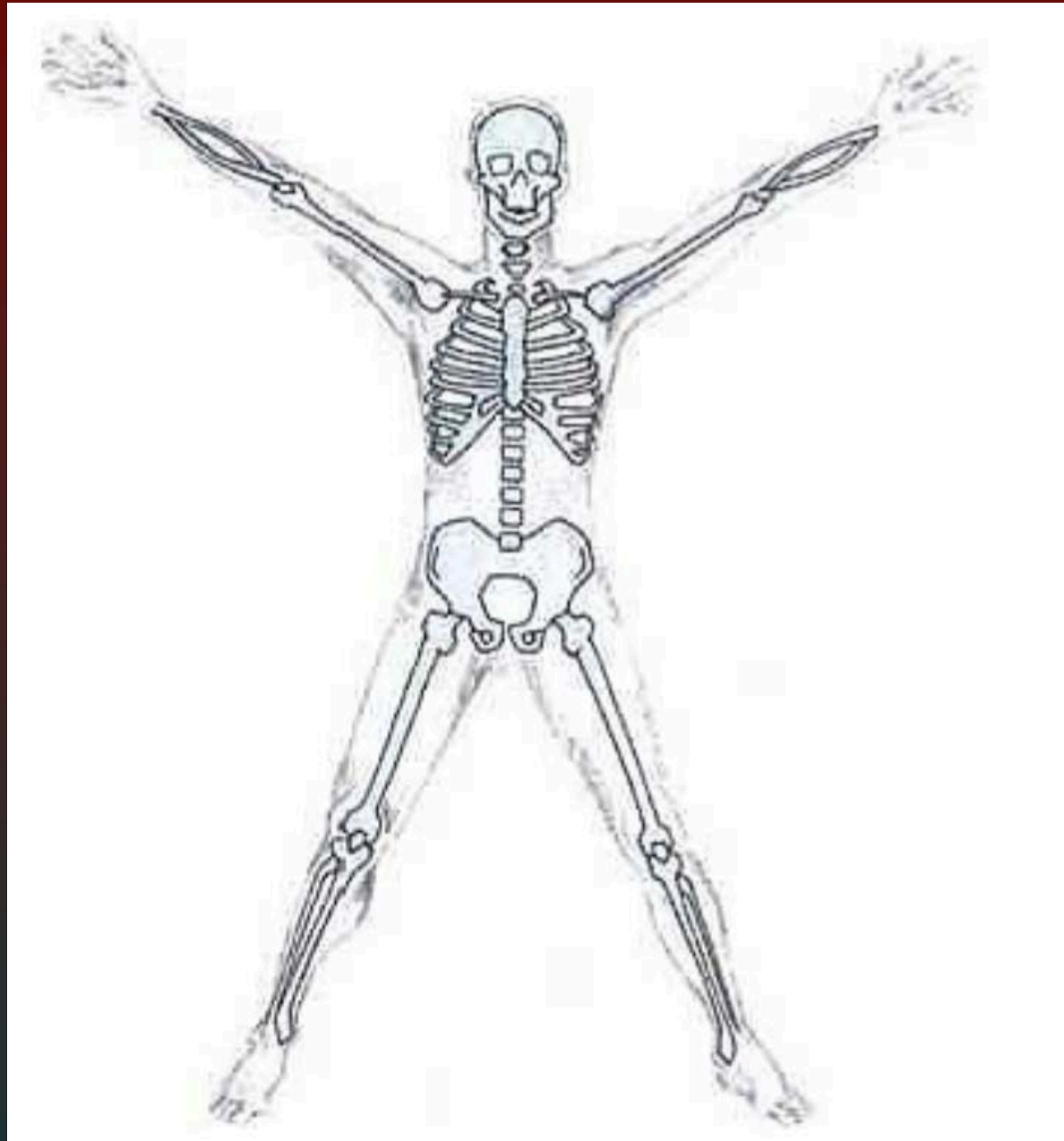


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## The Skeletal System

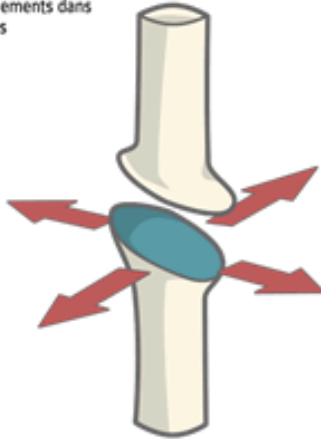


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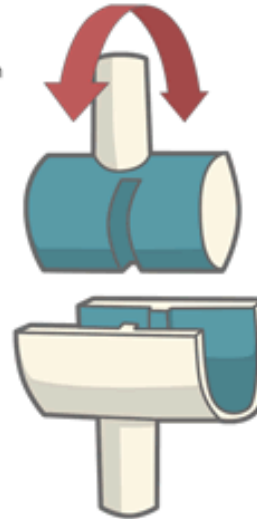


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**ARTHRODIE**  
Petits mouvements dans  
tous les sens



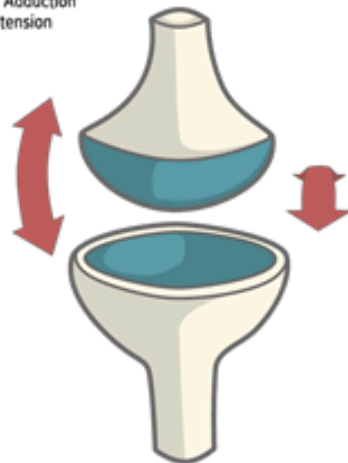
**TROCHLEENNE**  
Flexion / Extension



**TROCHOIDE**  
Rotation externe / interne



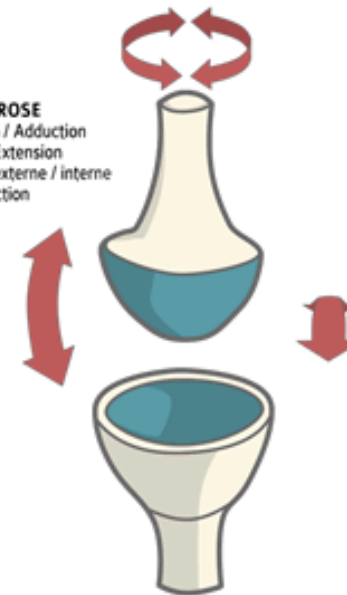
**CONDYLIENNE**  
Abduction / Adduction  
Flexion / Extension



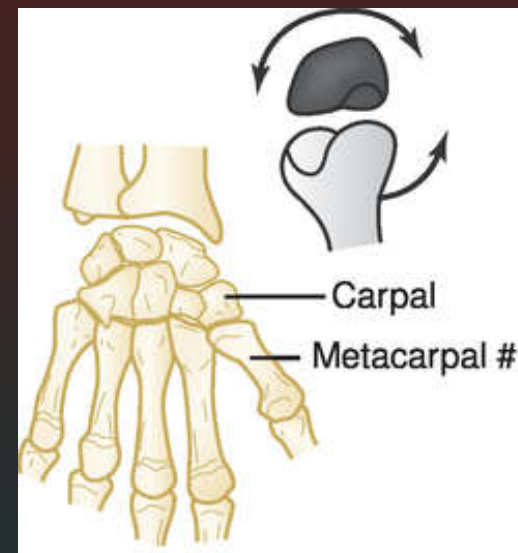
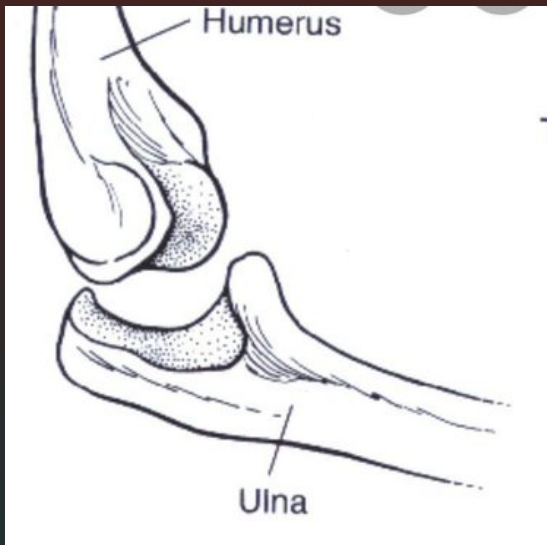
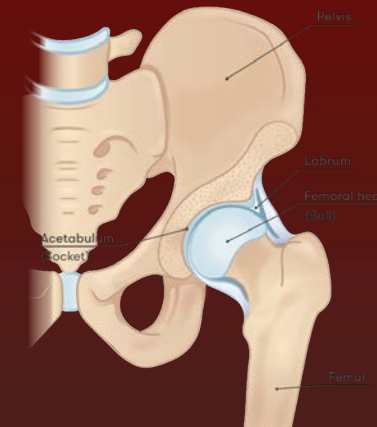
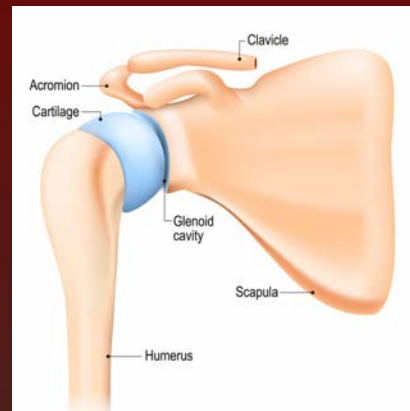
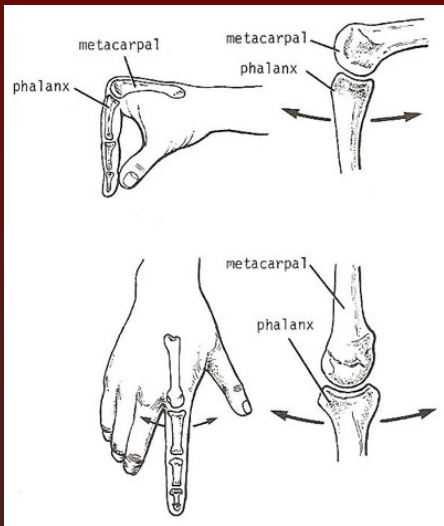
**SELLE**  
Abduction / Adduction  
Flexion / Extension



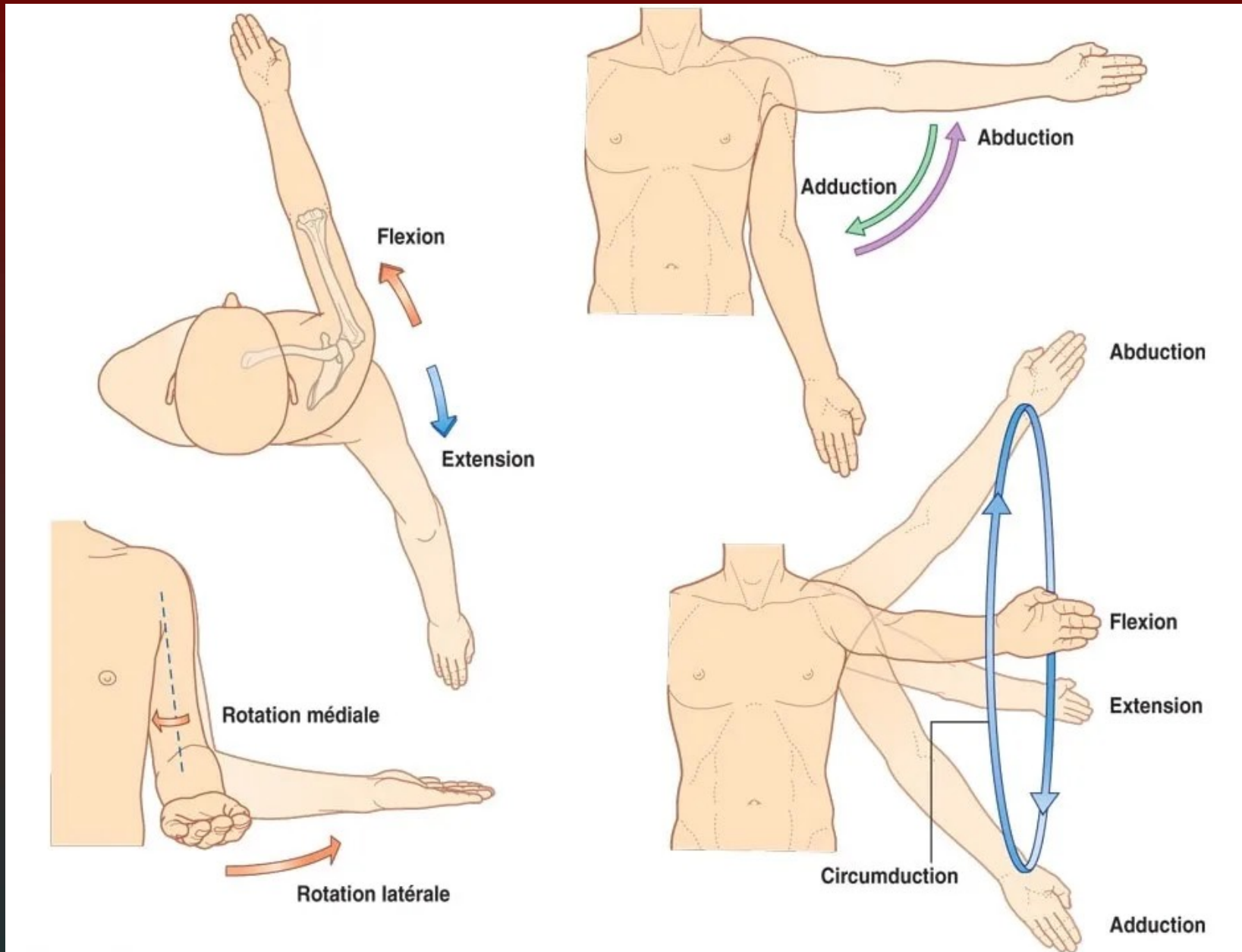
**ENARTHROSE**  
Abduction / Adduction  
Flexion / Extension  
Rotation externe / interne  
Circumduction



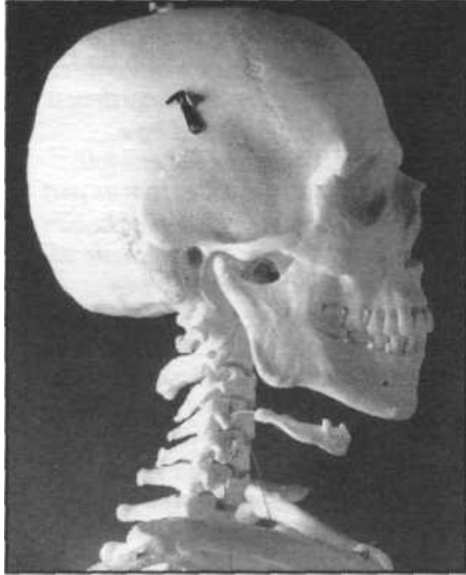
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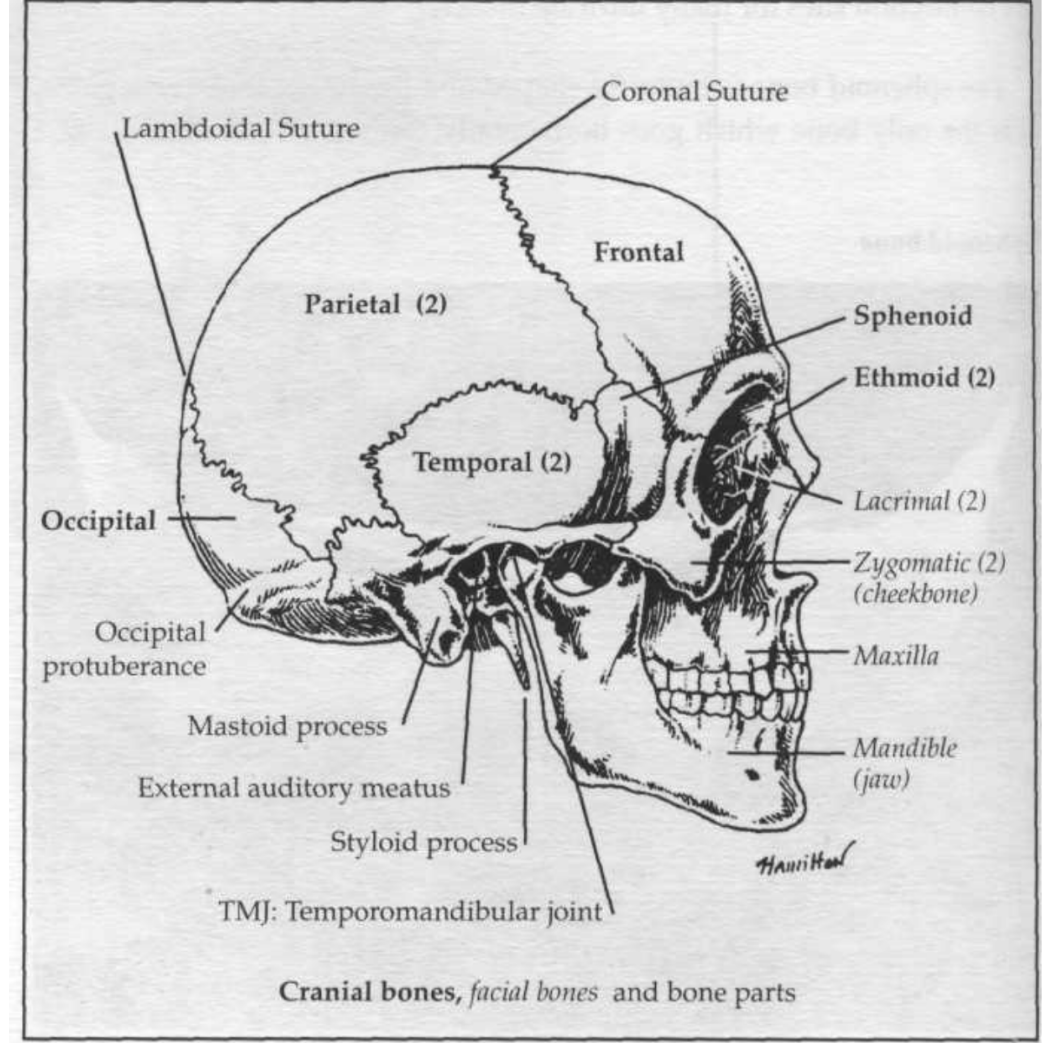


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Skull with hyoid bone: right lateral view

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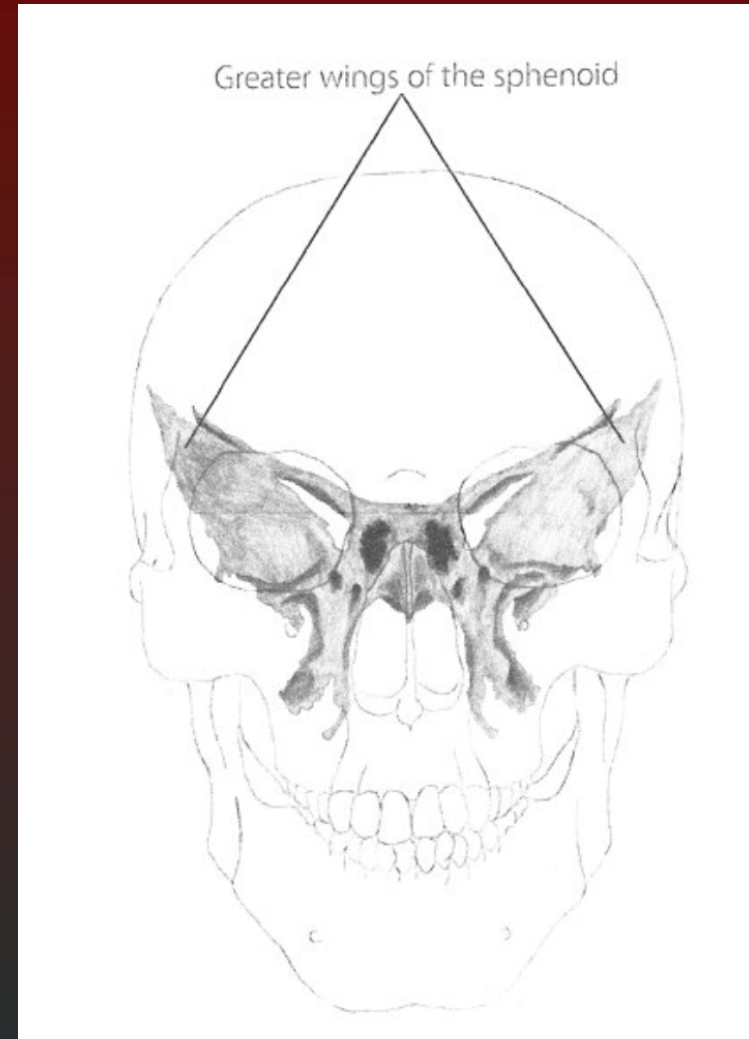
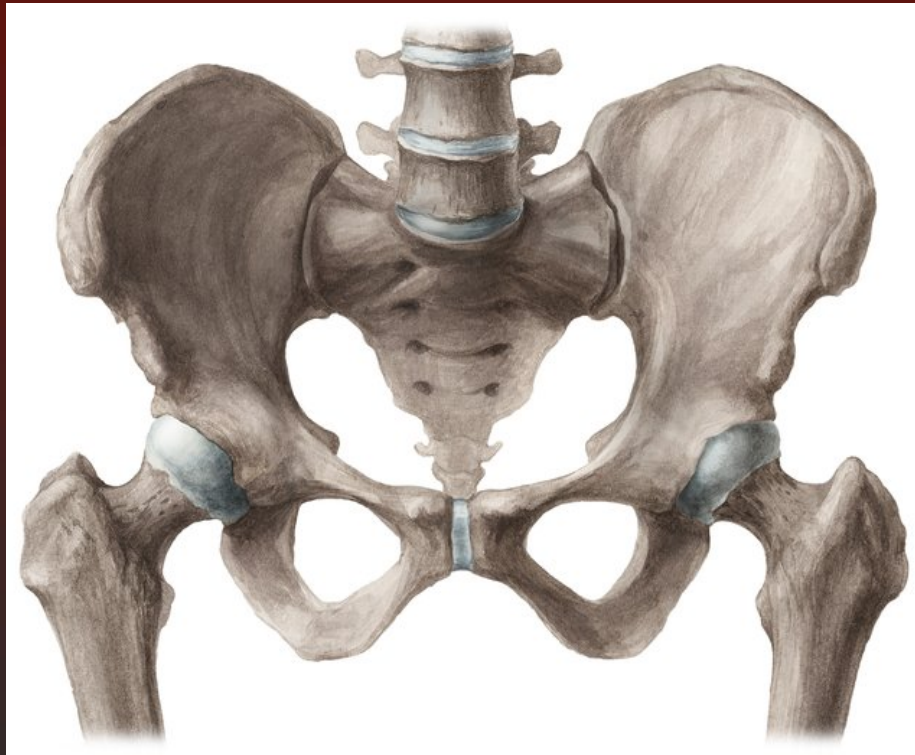


A GAUCHE: OS HYOID VUE LATÉRALE DU CÔTÉ DROIT - A DROIT: LES OS DU CRÂNE - LES OS FACIAUX ET PARTIES DES OS



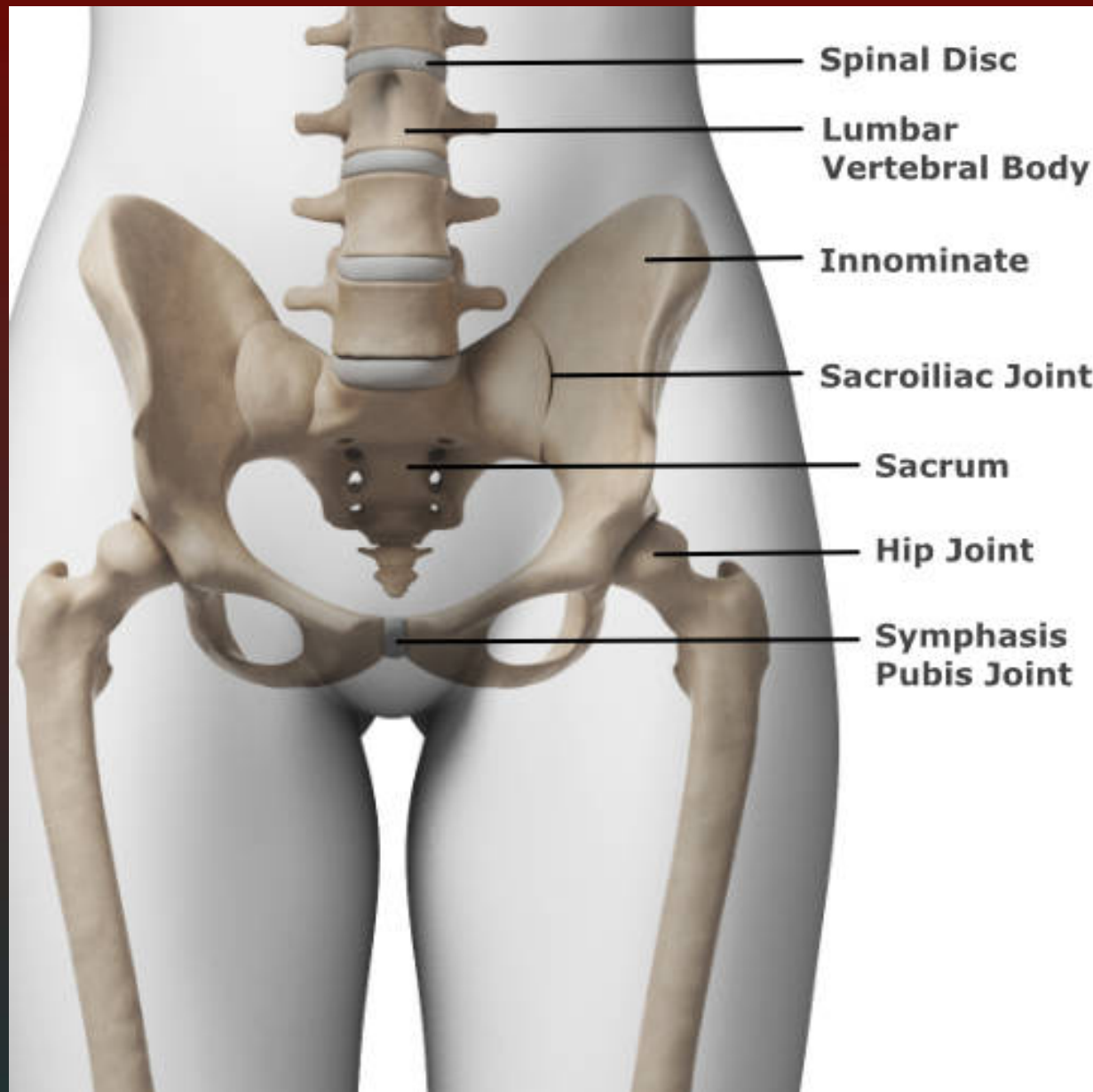
L'os sphénoïde

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Le sacrum est la clé de voûte à l'arrière du corps pour le transfert du poids, du mouvement et de l'équilibre entre la colonne vertébrale et les deux jambes.



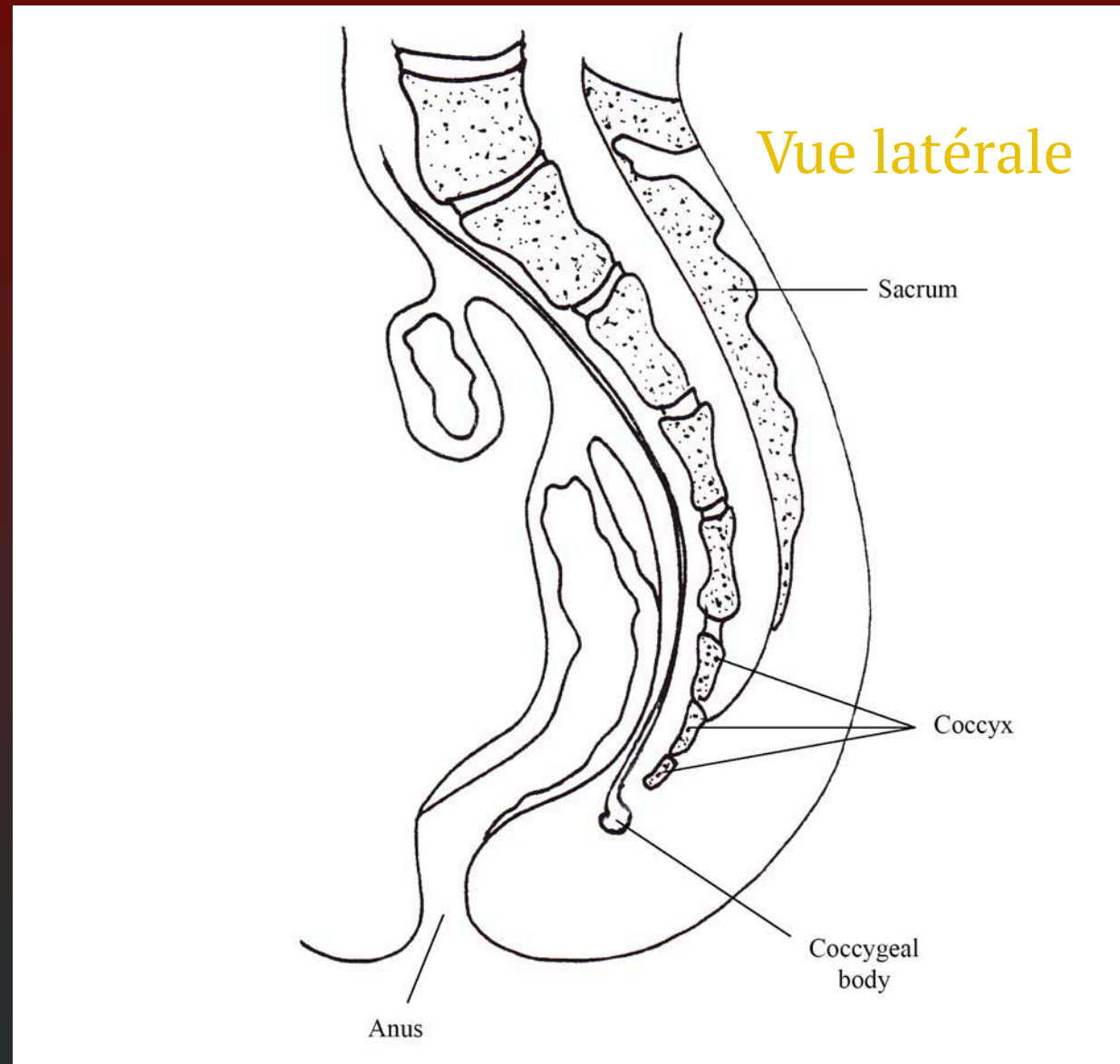
Vue postérieure

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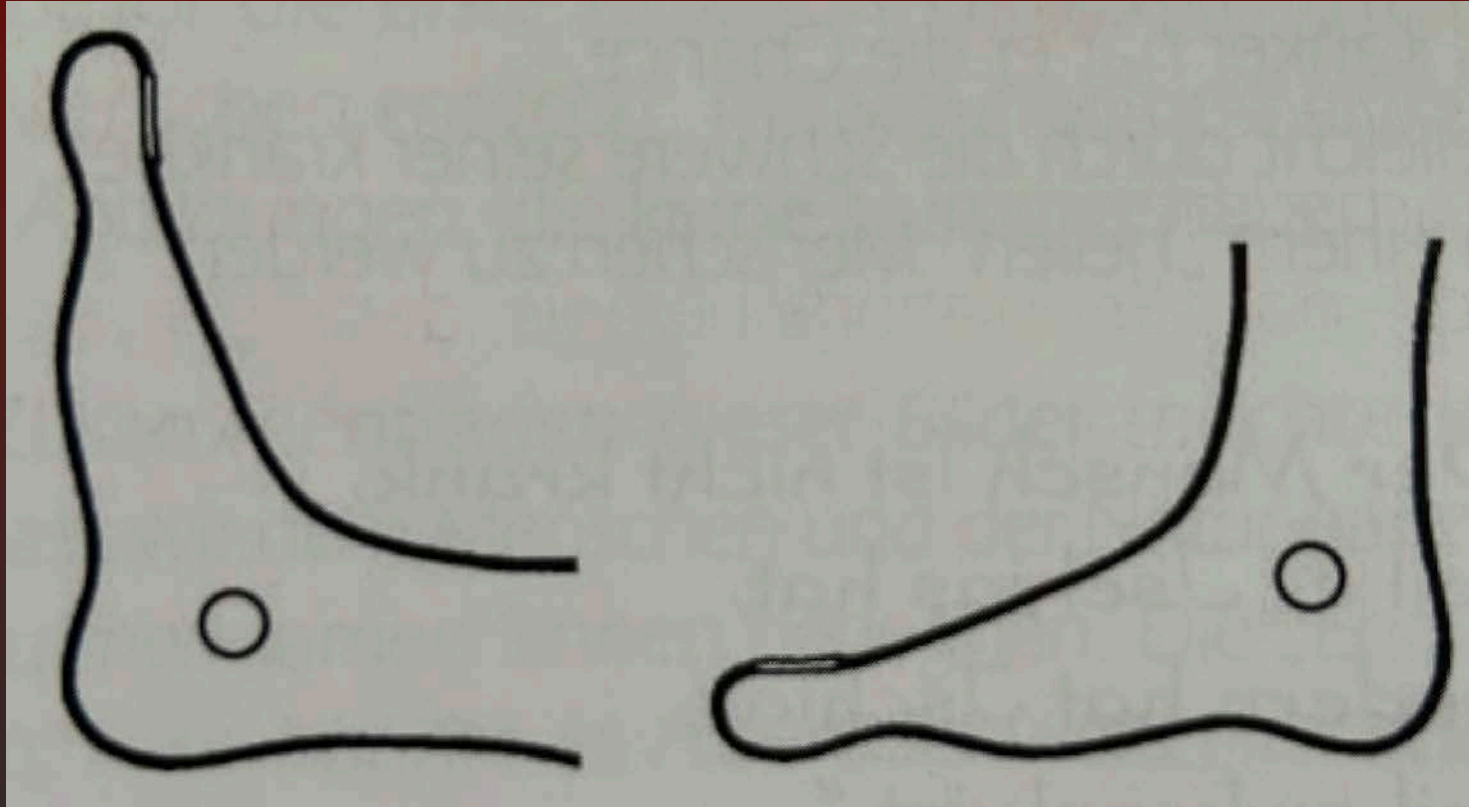
## Application au mouvement

Le corps coccygien est lié au mouvement de la partie inférieure de la colonne vertébrale.

Il se coordonne avec le corps périnéal situé dans le diaphragme pelvien pour équilibrer les mouvements entre la colonne vertébrale et les os du bassin au niveau des deux articulations de la symphyse pubienne et des deux articulations sacro-iliaques. Ensemble, les corps périnéal et coccygien assurent l'enracinement et l'ancrage de tout le corps dans la terre et le sens de soi.

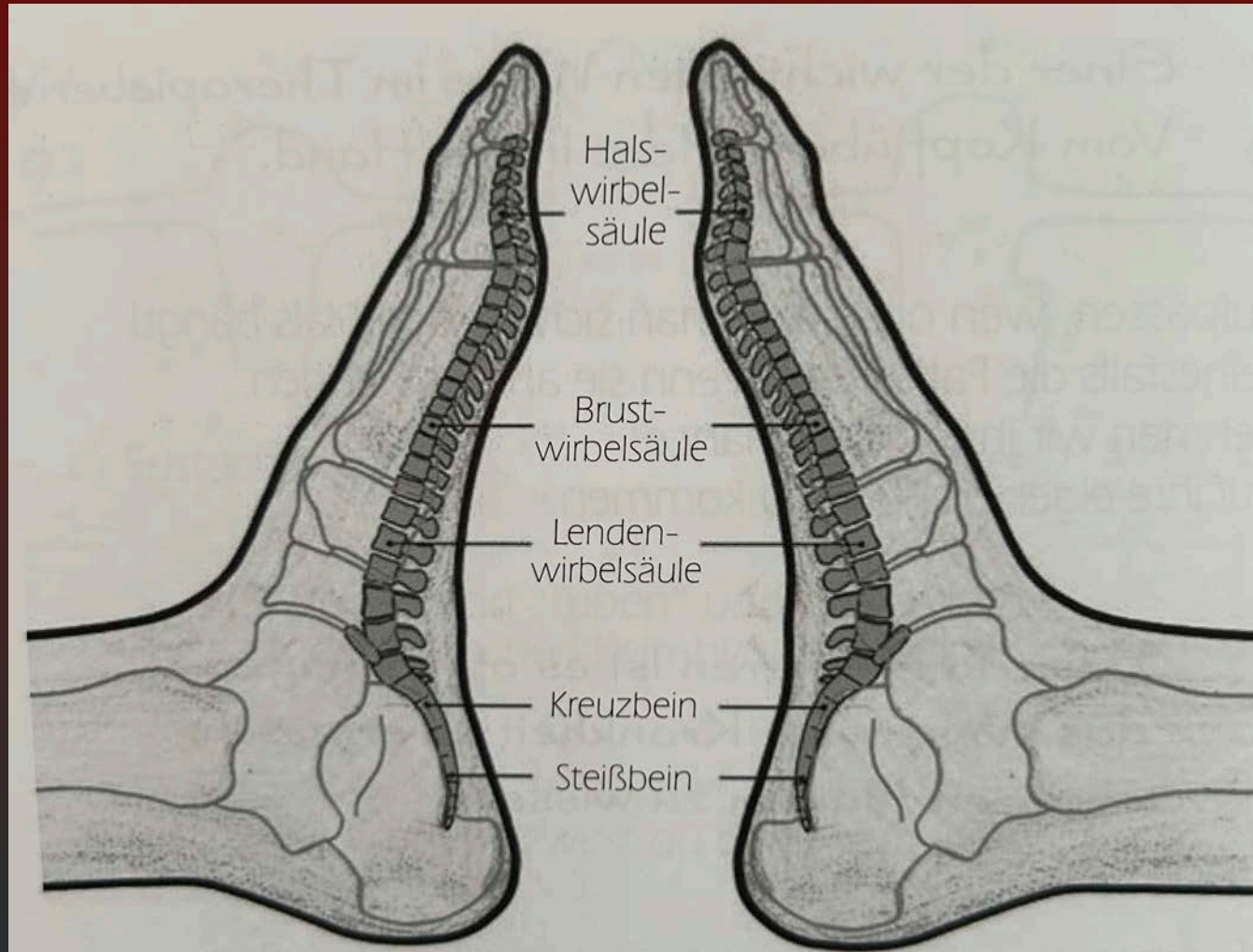


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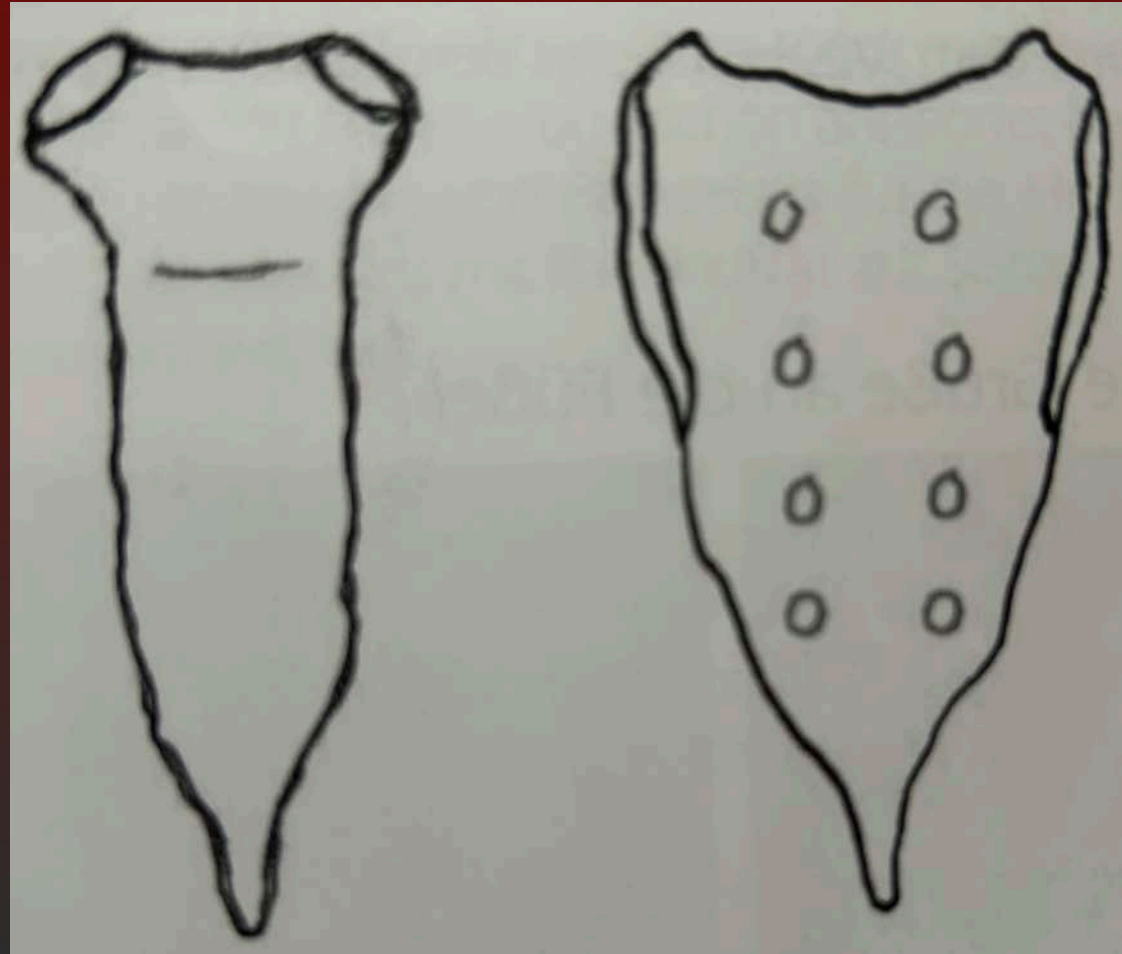


L'homme assis

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le sternum - le sacrum

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DE L'UNITÉ A LA PLURALITÉ

Un humérus

Deux os de l'avant-bras

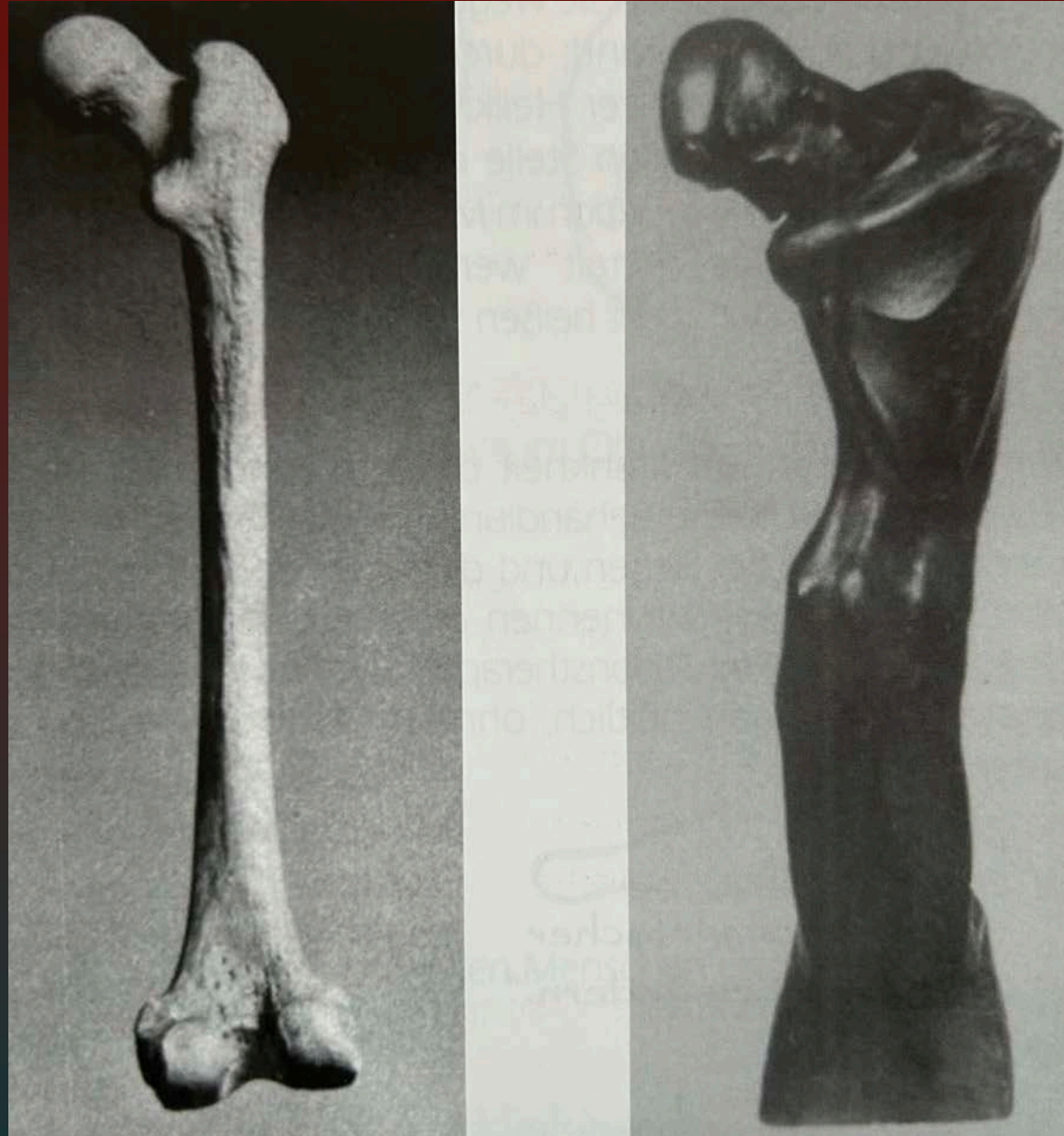
Trois os dans la première rangée du carpe

Quatre os dans la 2<sup>o</sup> rangée du carpe

Cinq doigts

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## Fémur - Sculpture

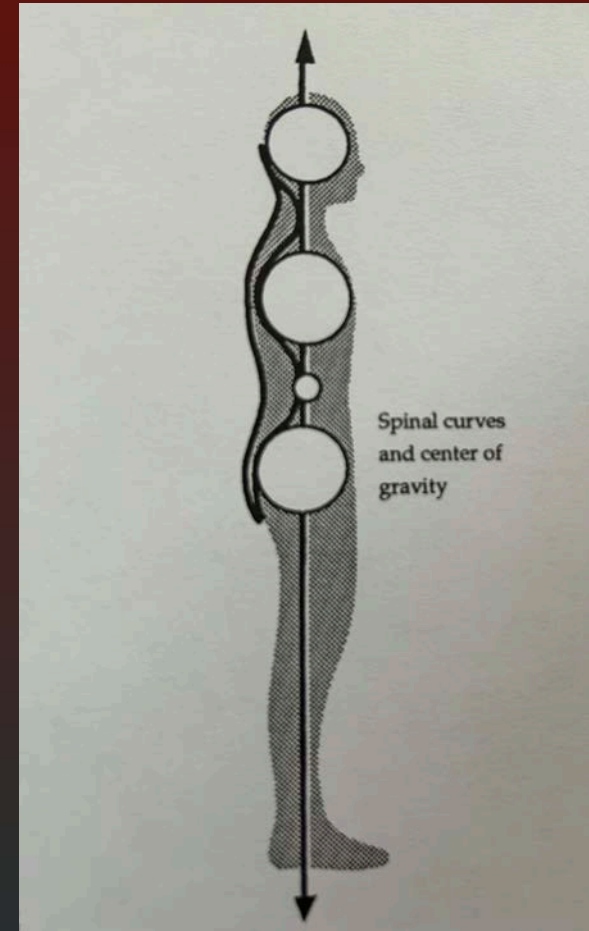




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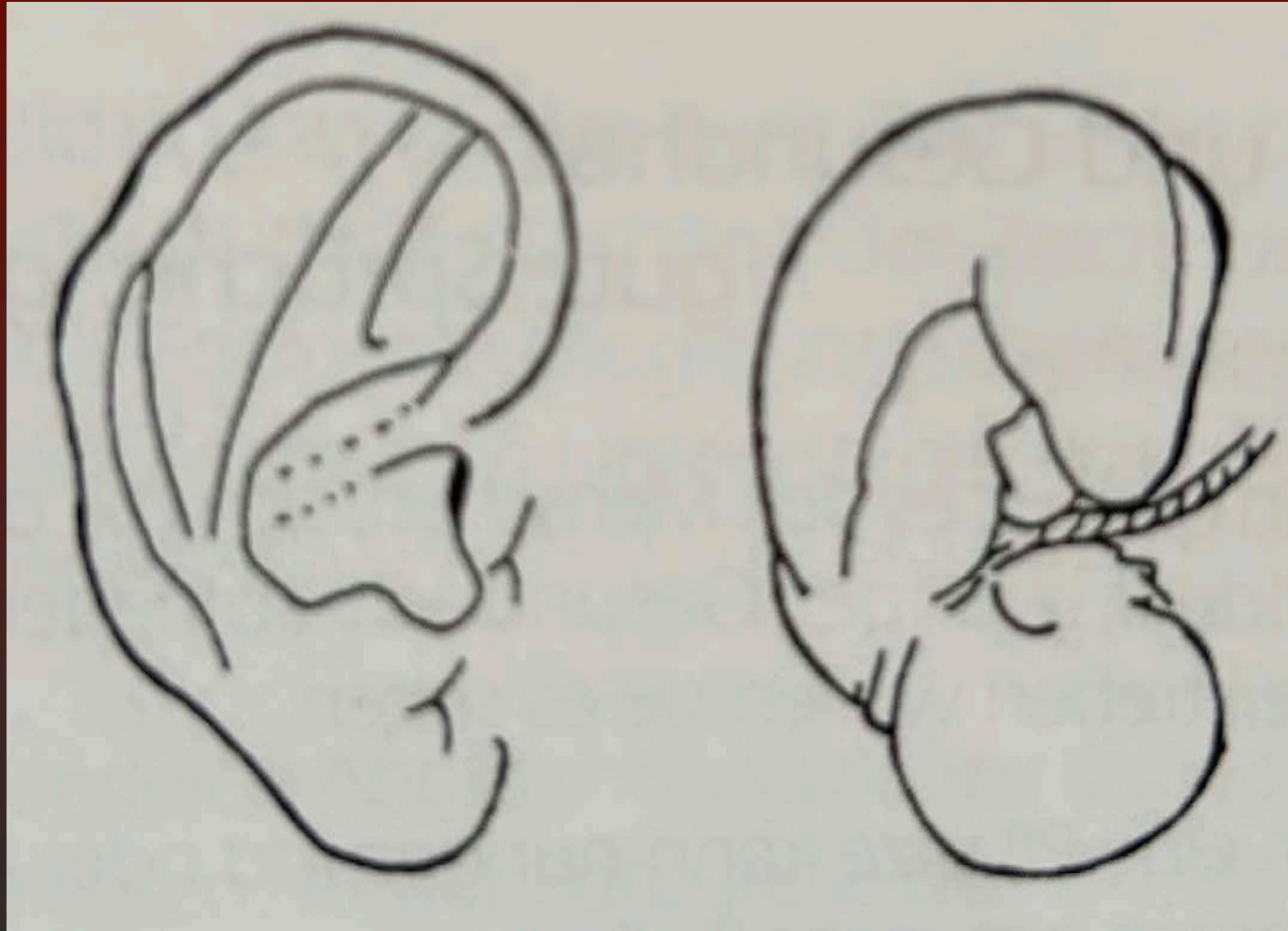


La colonne vertébrale et  
les centres de gravité



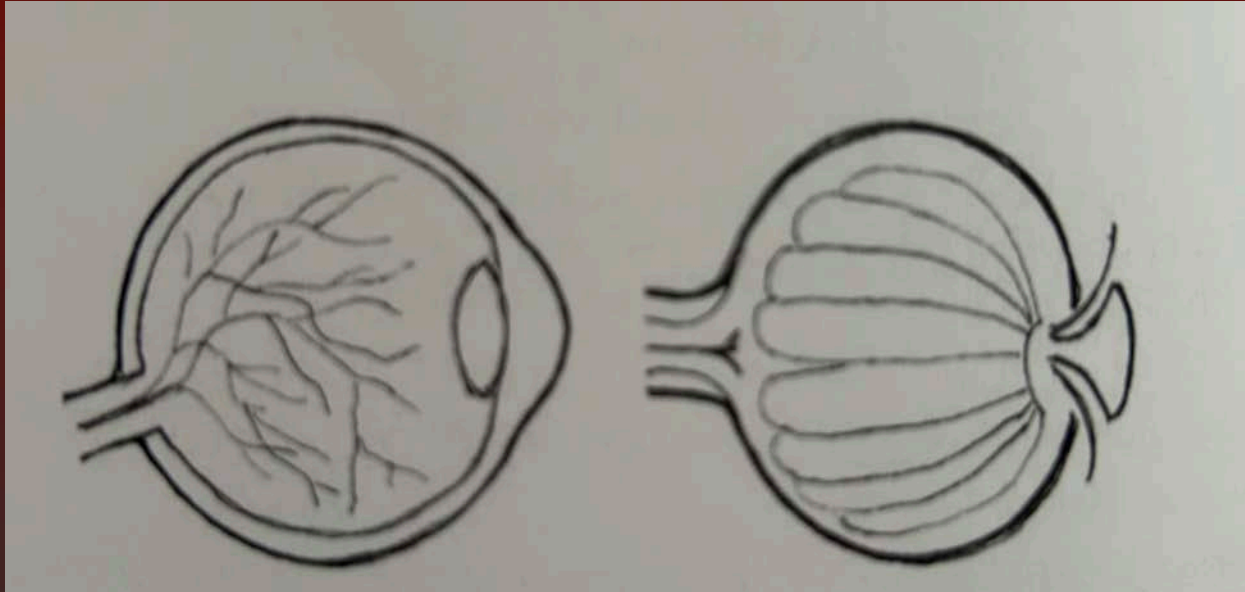
La tête se reflète dans le bassin

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L'oreille et l'embryon

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L'oeil and la capsule de bowman dans les reins

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Le gros  
intestin et le  
cerveau

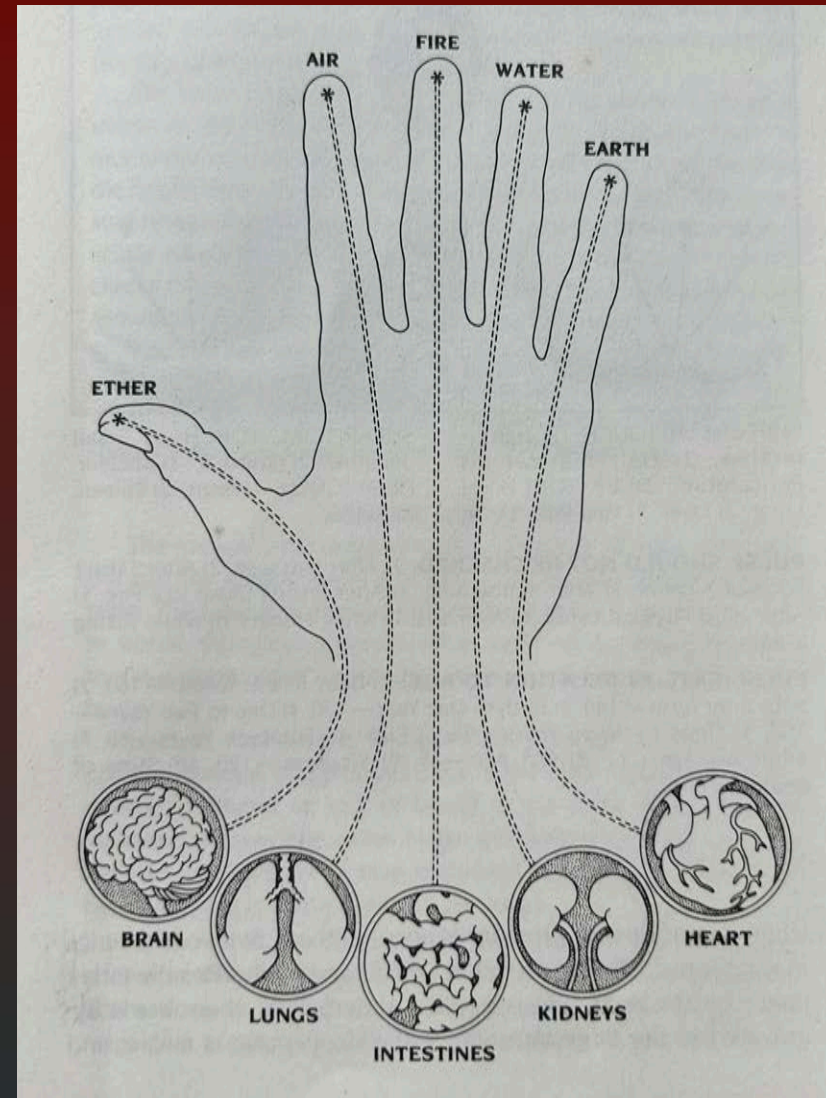
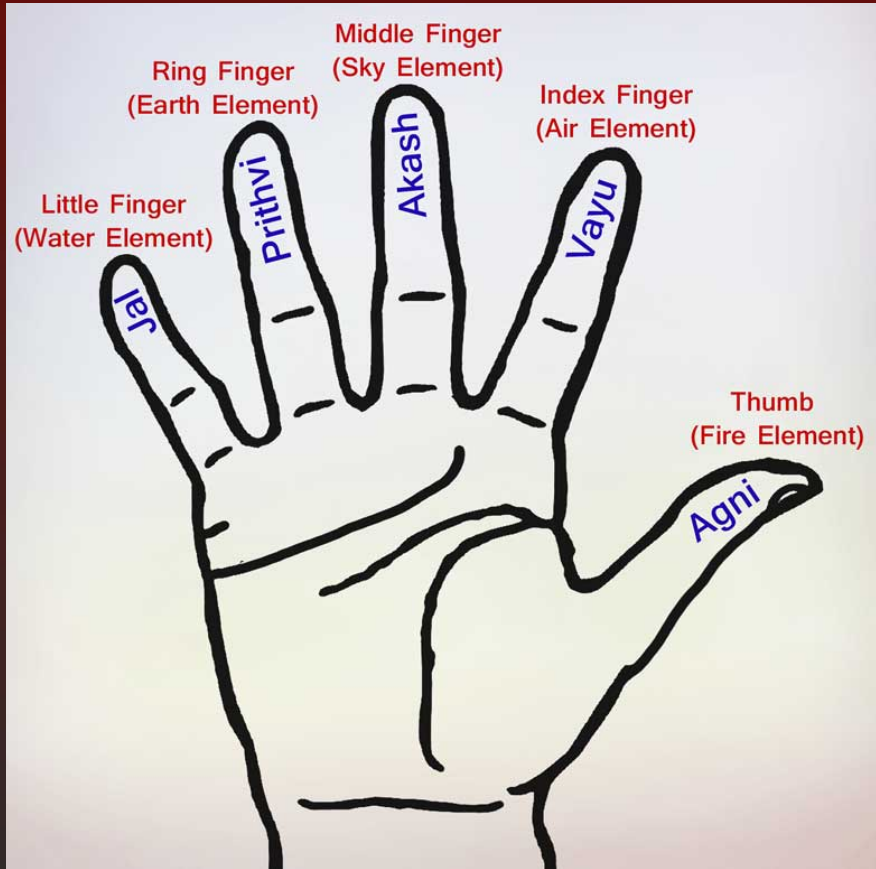


Darmwindungen



Gehirnwindungen

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