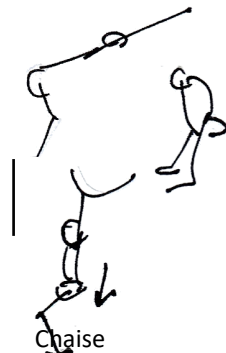


HA ! + nadi sodhana

Flexions—étirement dos

Triangles - Trikonasa

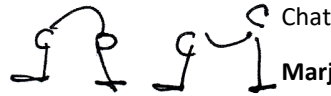
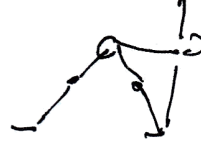
Le singe guerrier fidèle



Chaise

Utkasana

latéral et torsion

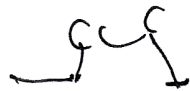


Chat

Marjari asana

3 x

x



3 x



3 x

Chien—svanasana



Salutation au soleil

Suryanamaskar



Vrikshasana

Grande prostration

Maha namaskara



scopette
30 mars 2020

terminer par relax (pratyahara)
ou méditation (dhyana)

