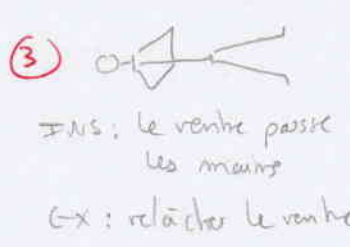
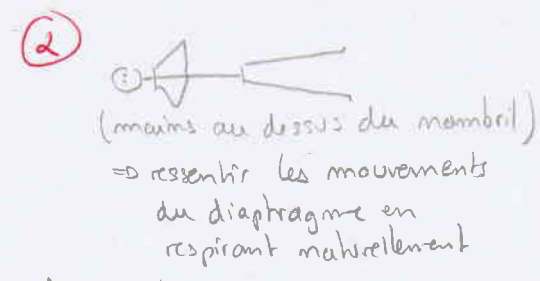
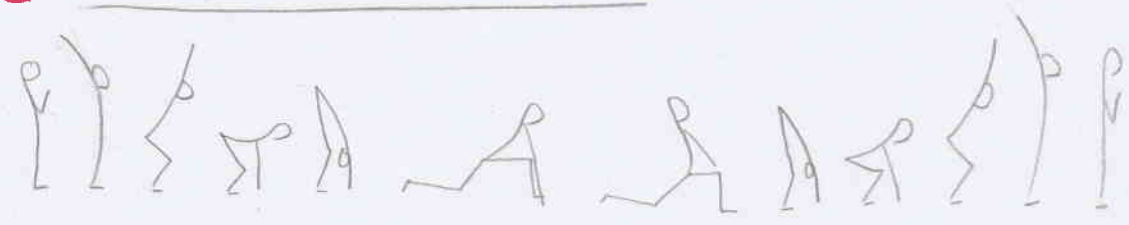


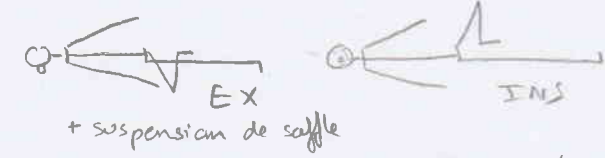
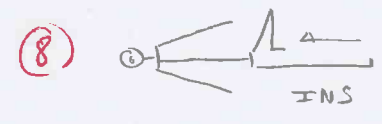
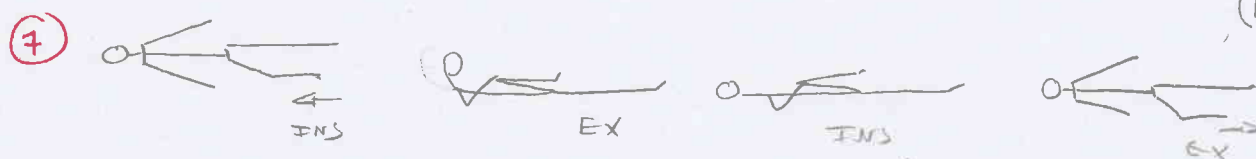
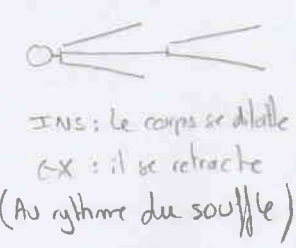
Séance 23



5 Début de Salutation au soleil:



6 Savasana



Jambe repliée, rapprocher la cuisse du ventre
mettre les mains au sol, sans laisser la jambe remonter

