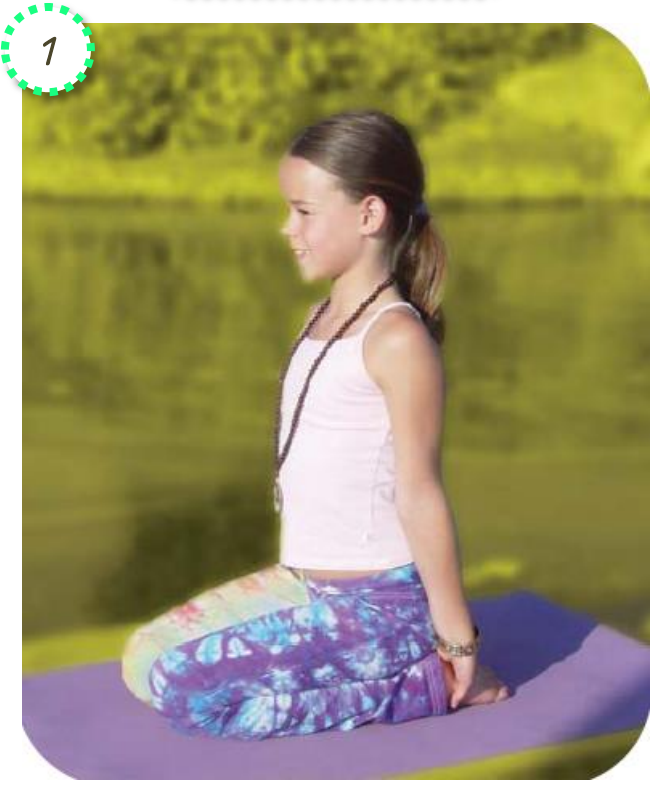
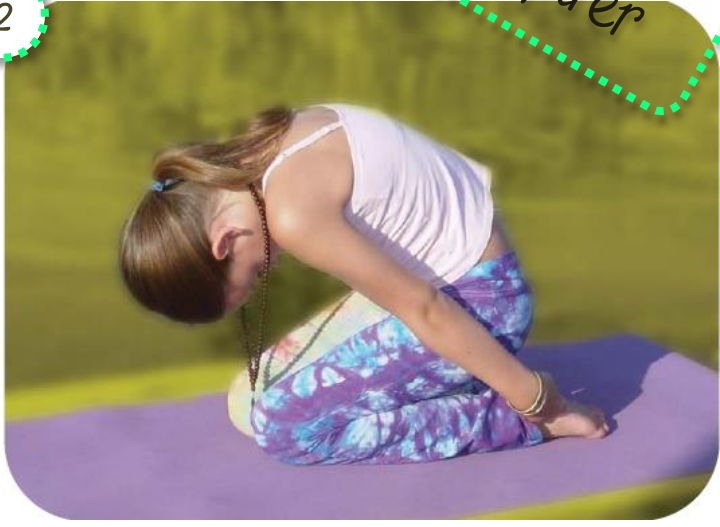


La posture du lapin



Inspirer

2



Expirer

3



Descendre et toucher
genoux avec front



La posture du lapin

Respirer

4



5

Expirer

