

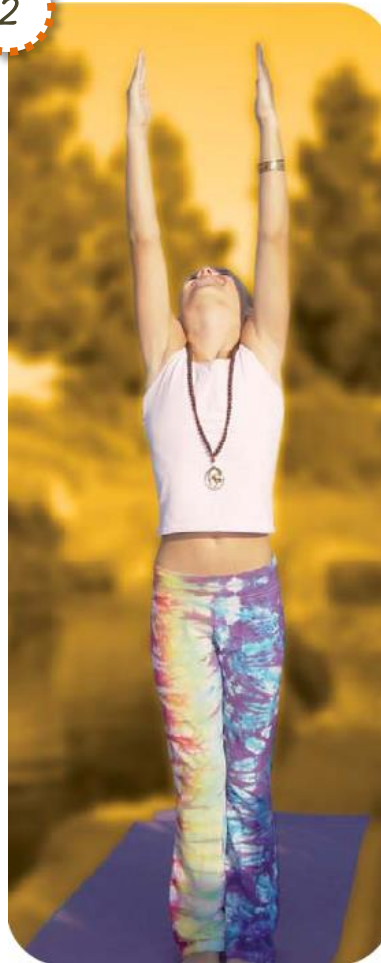


# La salutation au soleil

1

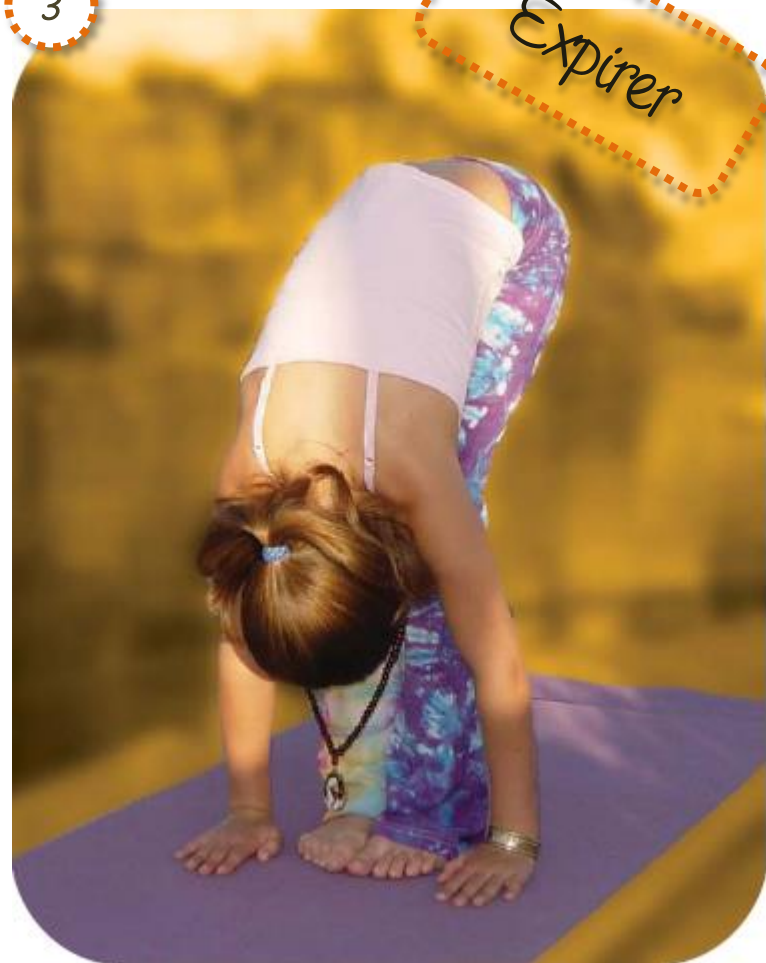


2



Inspirer

3



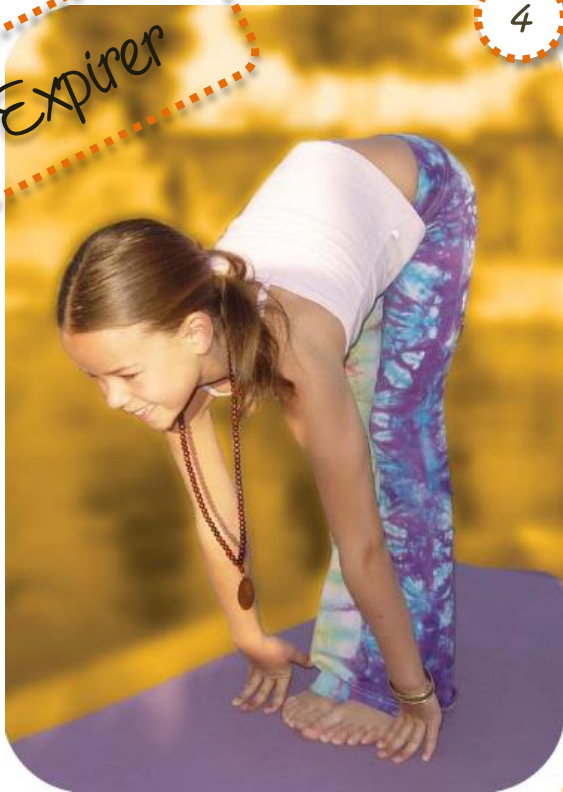
Expirer

YOGA  
1



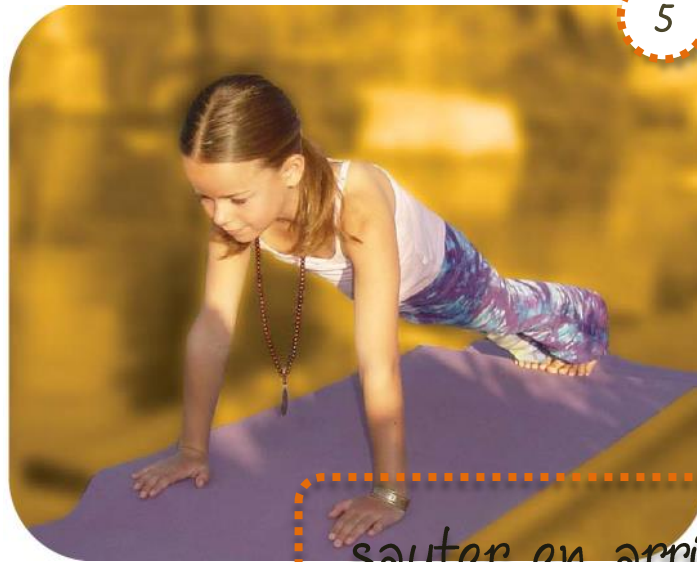
La salutation au soleil

Expirer



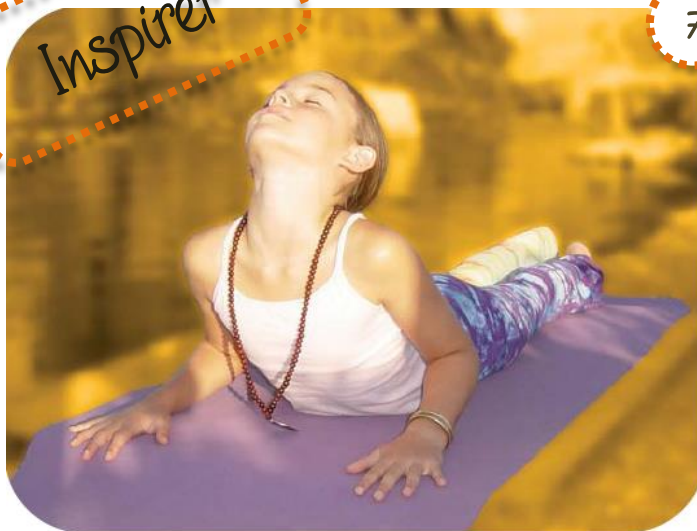
4

sauter en arrière



5

Inspirer



7

Expirer



6

YOGA

1

La salutation au soleil

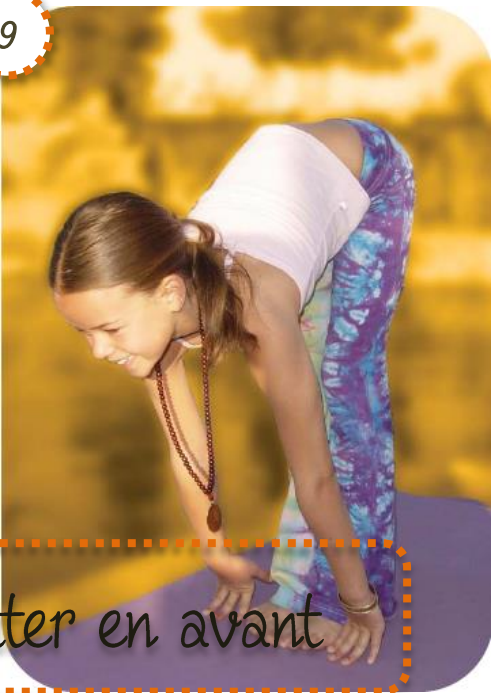


8



Expirer

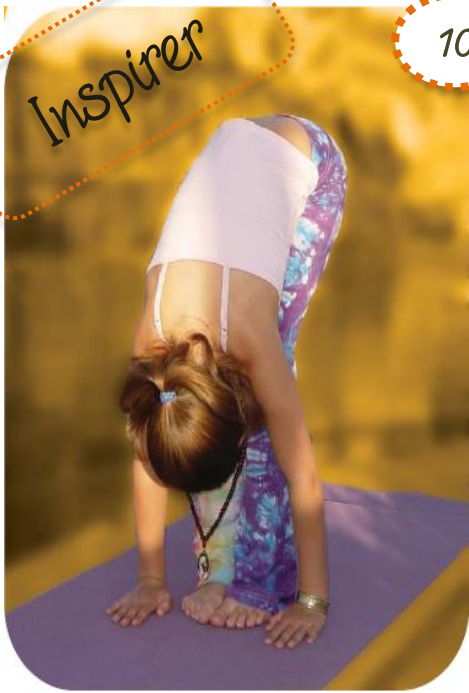
9



sauter en avant

Inspirer

10

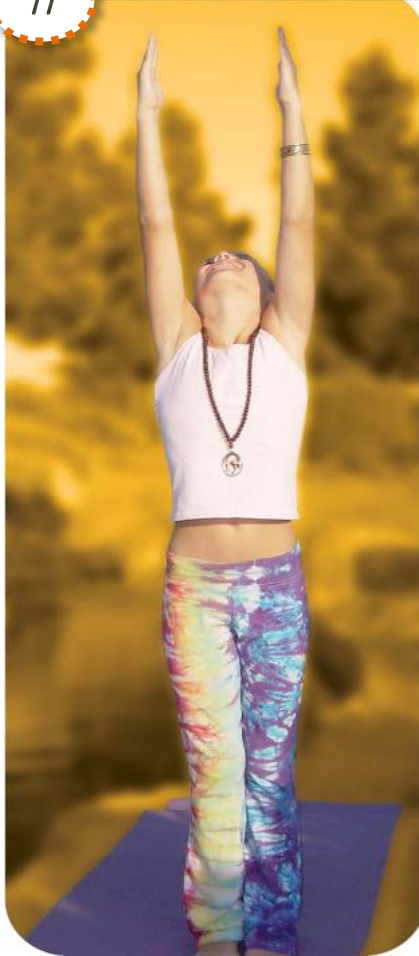




# La salutation au soleil

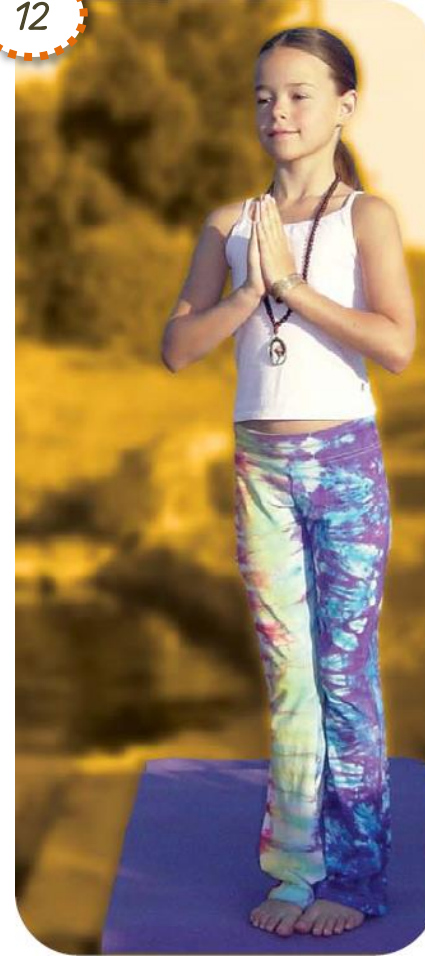
Inspirer

11



Expirer

12



YOGA

1