

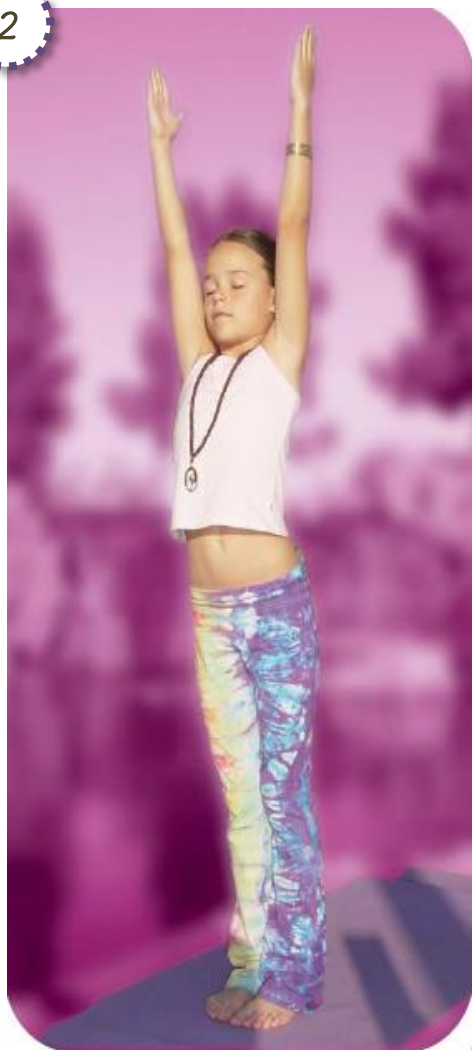
La posture de l'aigle



1

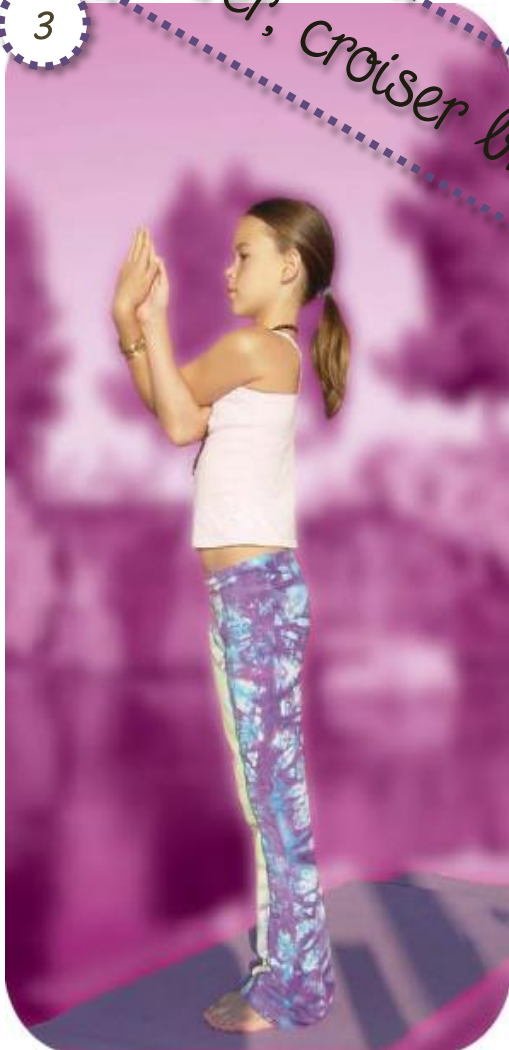


2



Inspirer

3

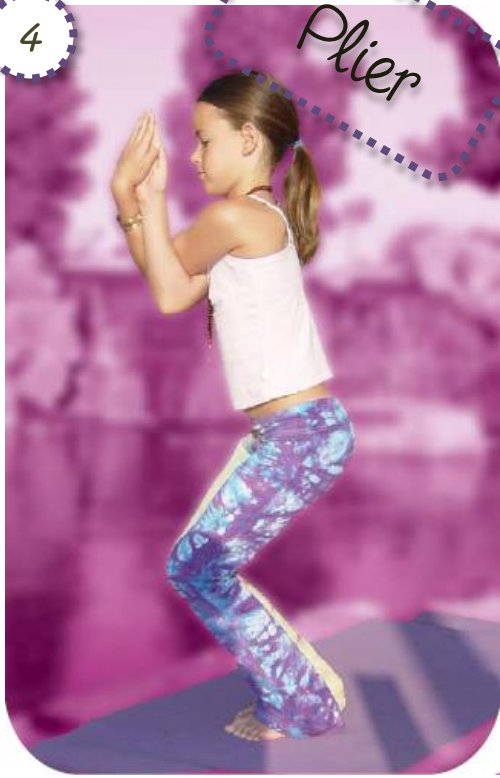


Expirer, croiser bras

La posture de l'aigle

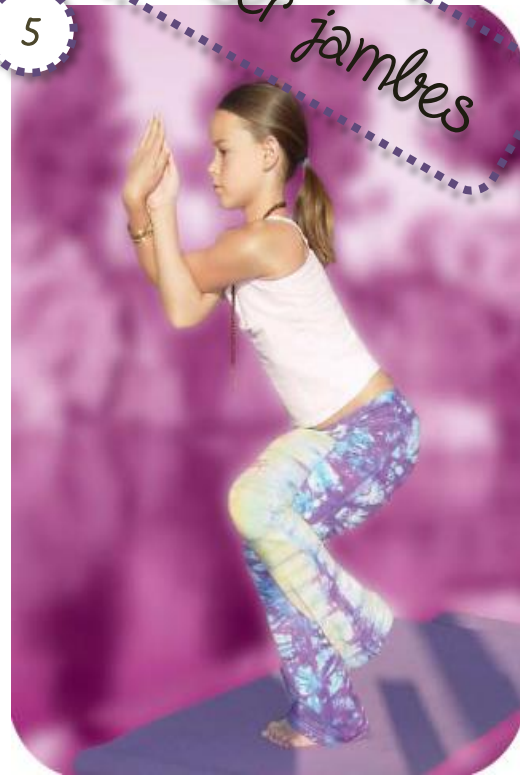


4



Plier

5



Croiser jambes

6



Inspirer, expirer



7

Dérouler jambes et bras



8

Recommencer de l'autre côté

