

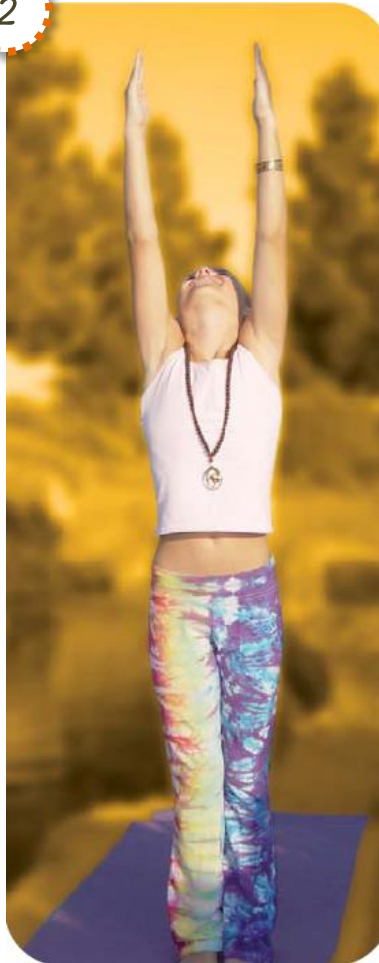


La salutation au soleil

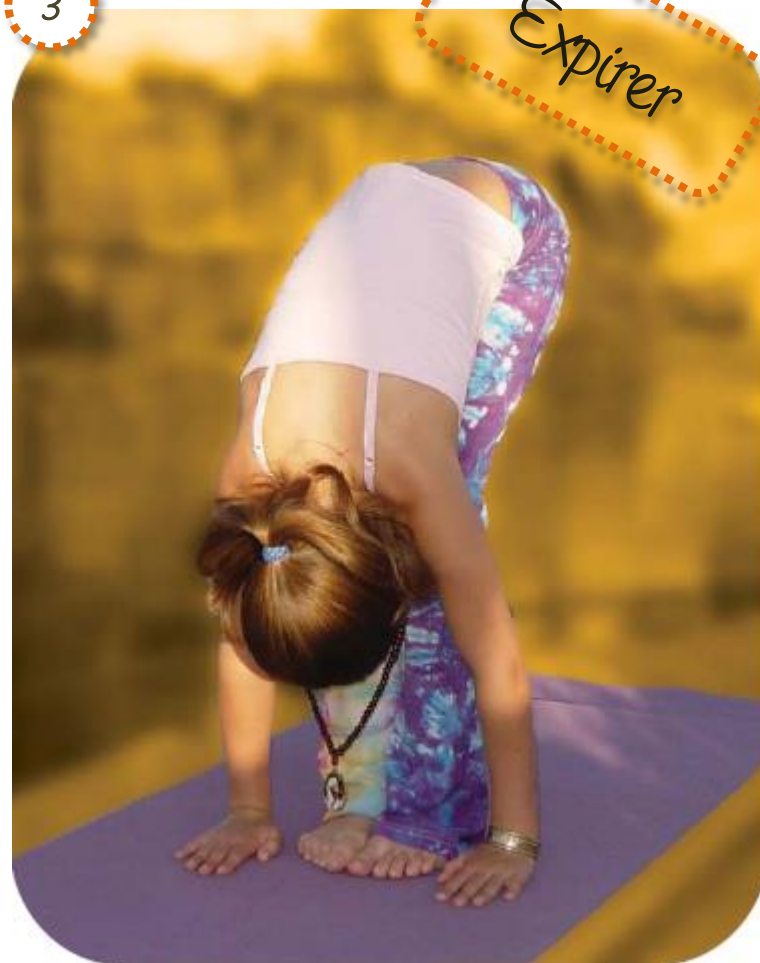
1



2



3



Expirer

Inspirer

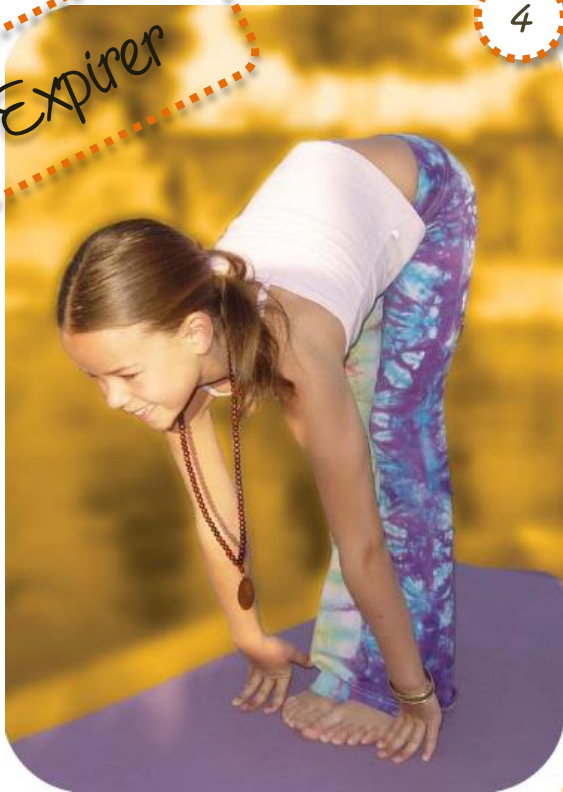
YOGA

1



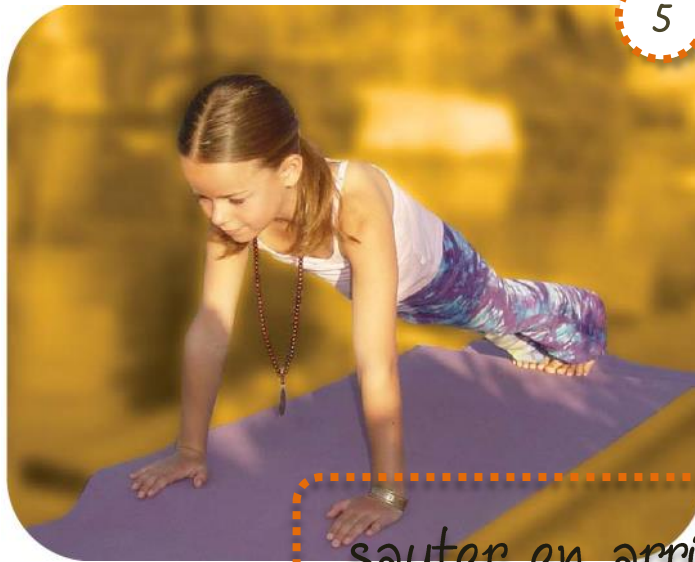
La salutation au soleil

Expirer



4

sauter en arrière



5

Inspirer



7

Expirer



6

YOGA

1

La salutation au soleil

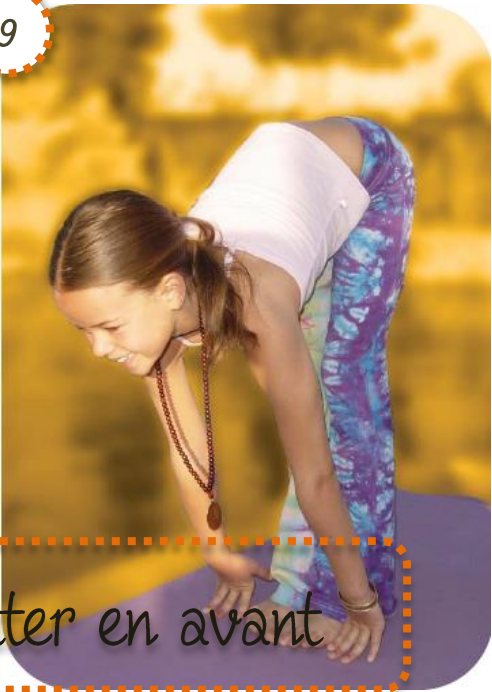


8



Expirer

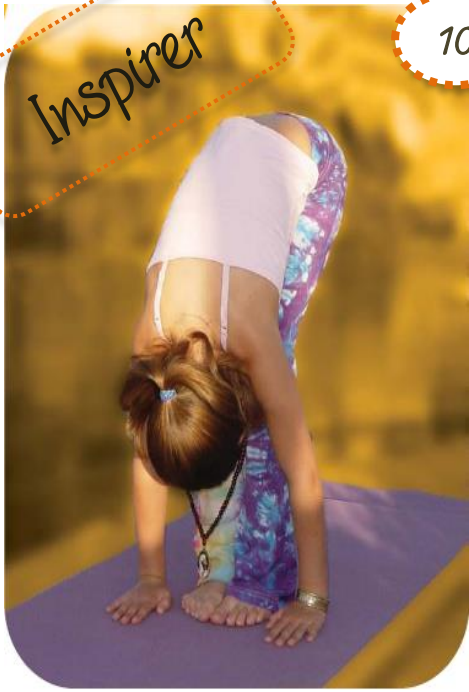
9



sauter en avant

Inspirer

10

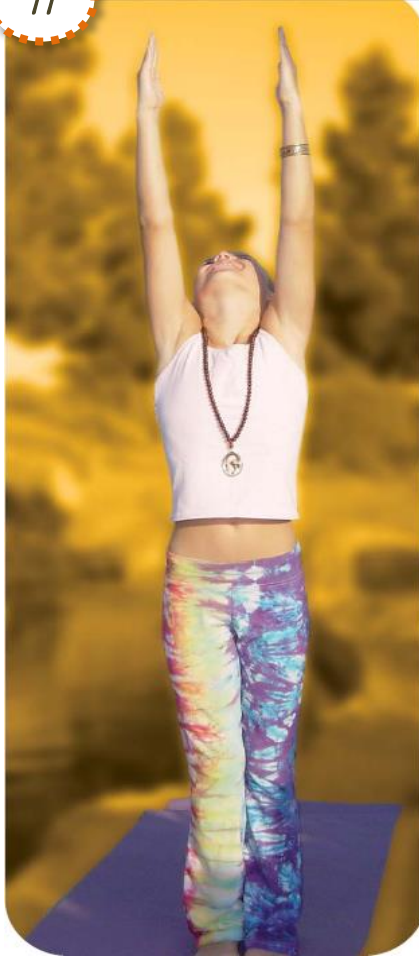




La salutation au soleil

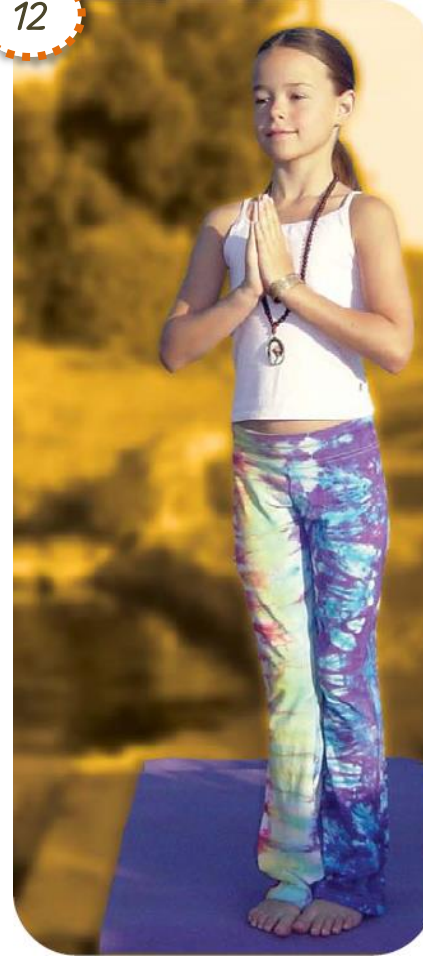
Inspirer

11



Expirer

12



YOGA

1