

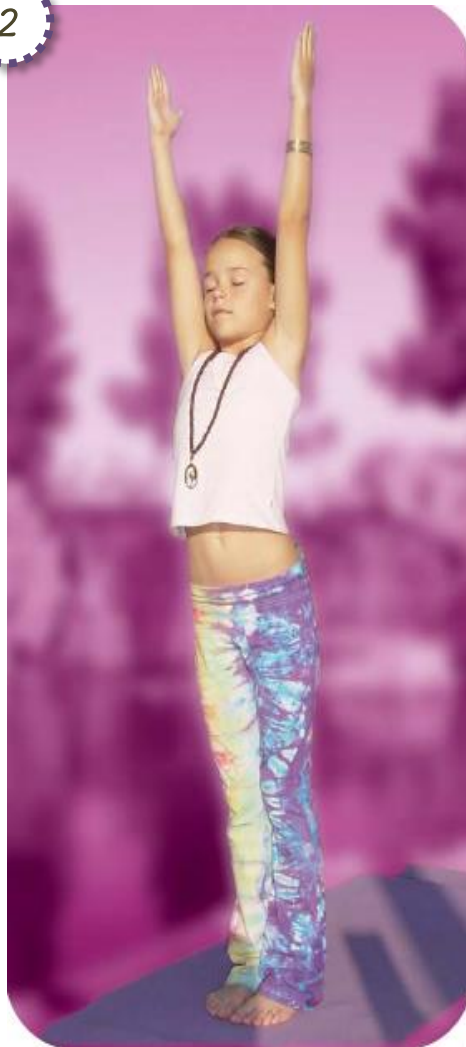
# La posture de l'aigle



1

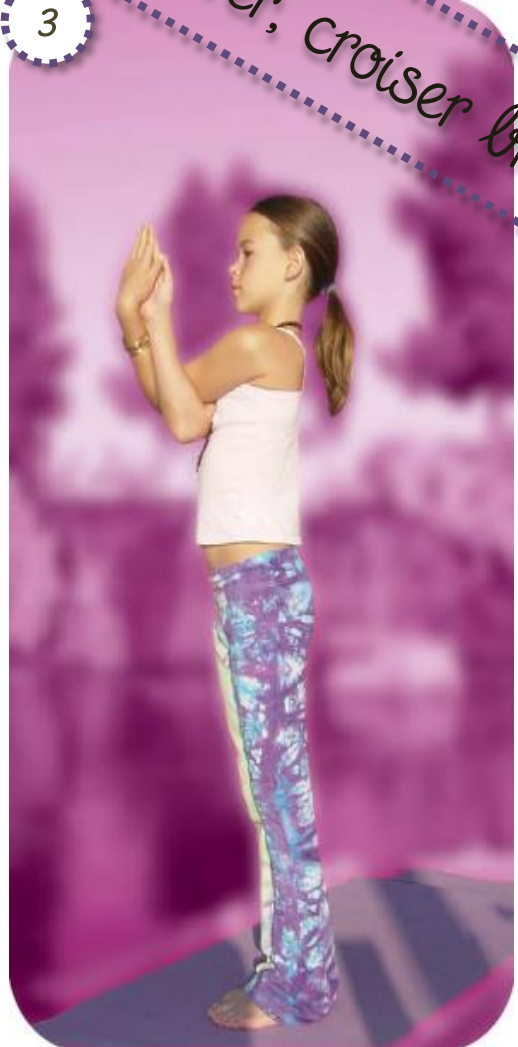


2



Inspirer

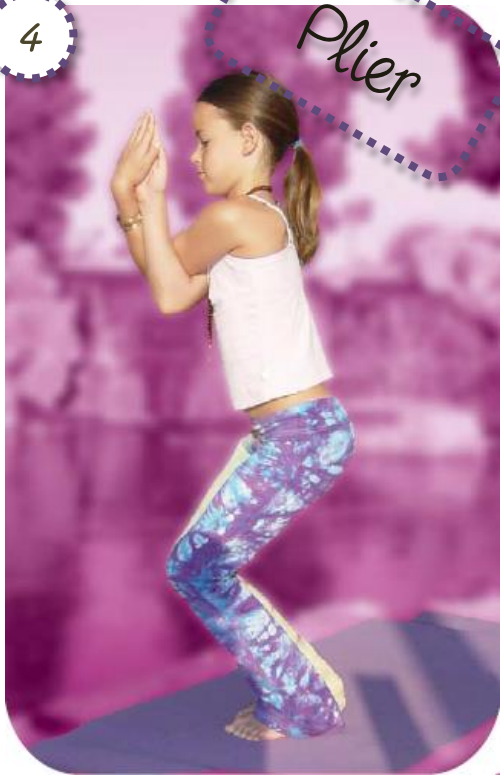
3



Expirer, croiser bras



4



Plier

5



Croiser jambes

6



Inspirer, expirer



7

Dérouler jambes et bras



8

Recommencer de l'autre côté

