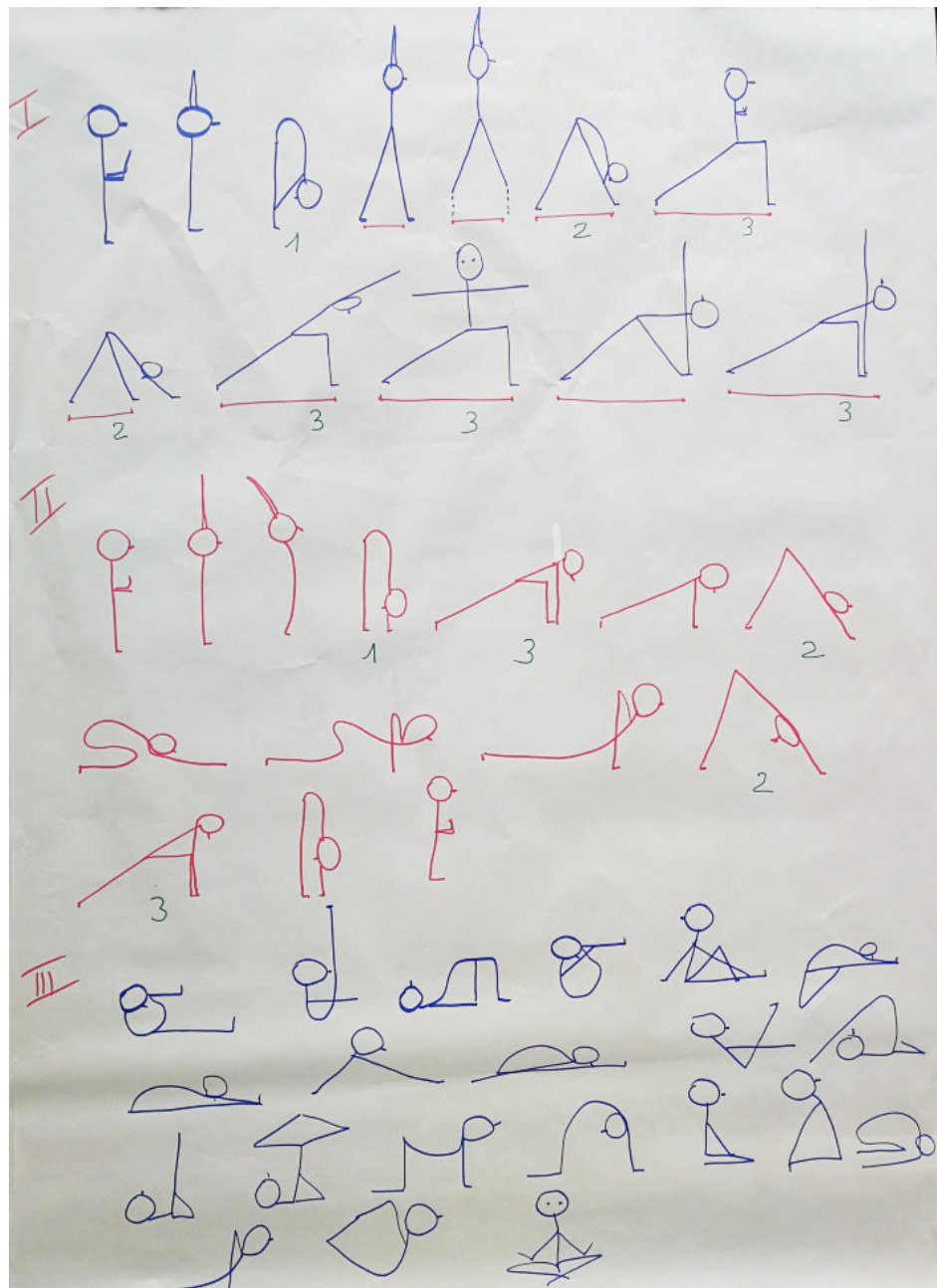
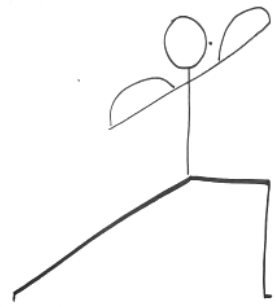
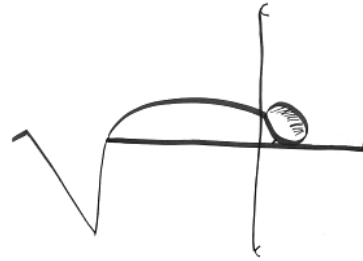


Suite du Cours « Salutation au soleil du 06-10-2022





MAHAVIRA ASANA



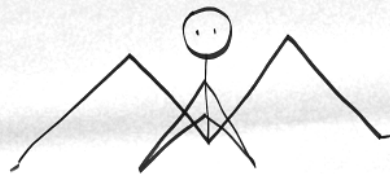
EKA PADA NAMASKARA ASANA



VIRA ASANA



MAHA MUDRA ASANA



BHASA ASANA

« La Connaissance de soi  
est le commencement de la  
Sagesse et la fin de  
la peur »

Jiddhu Krismamurti