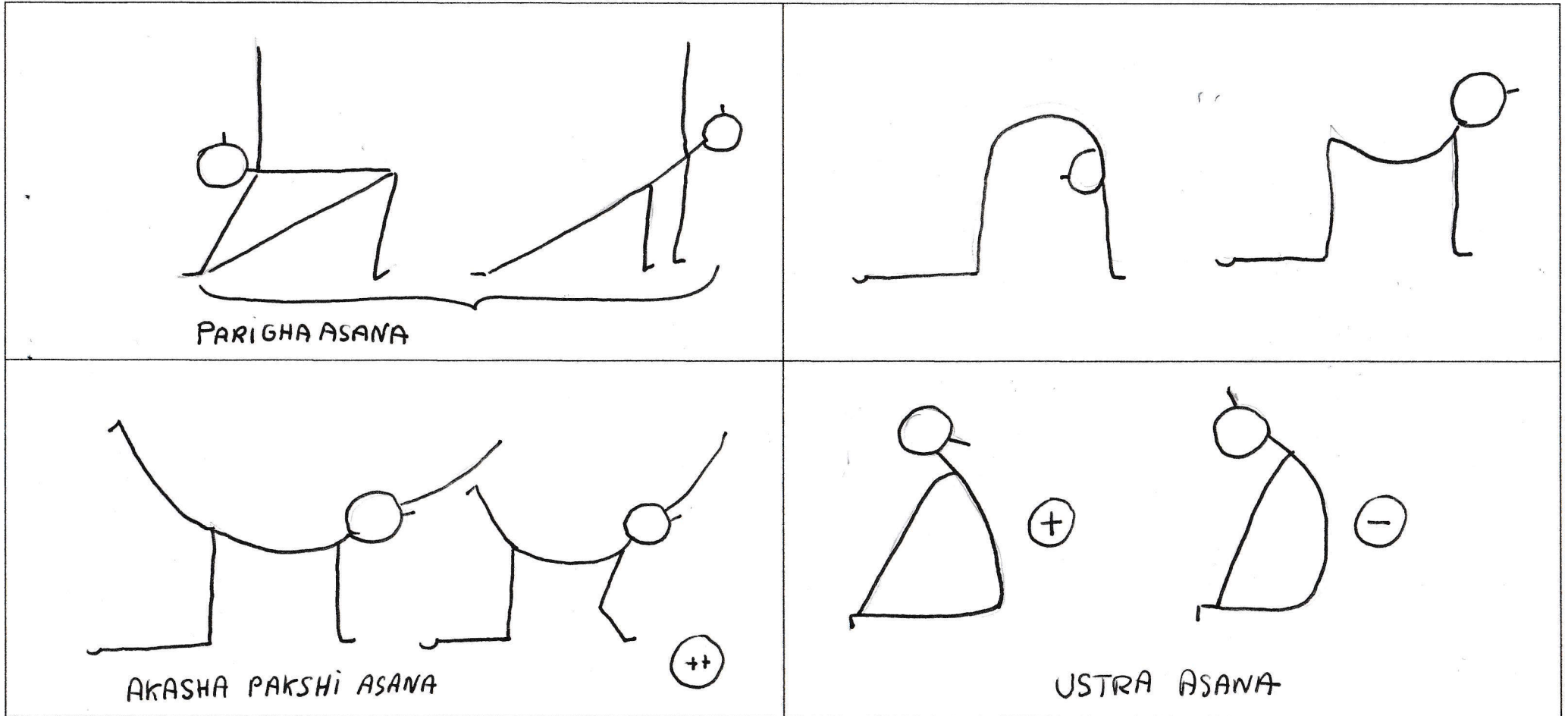


Suite au cours du jeudi 19 Octobre 2022

Citation de AUROBINDO




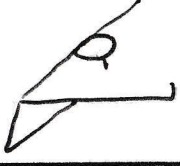


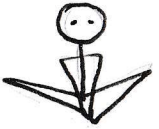





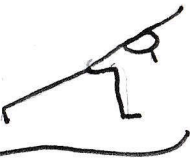
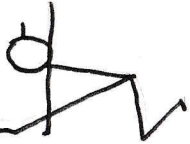








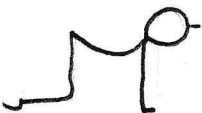

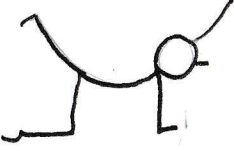



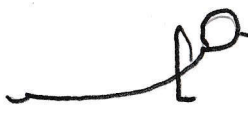

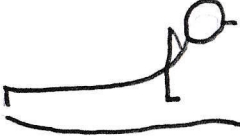
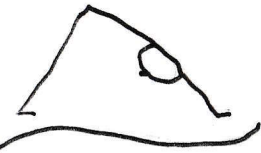
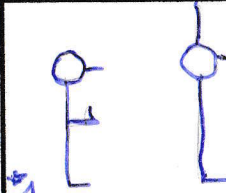

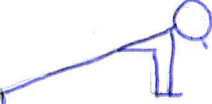






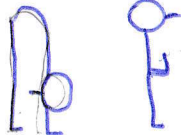
« Le yoga n'est pas de l'ordre des idées, mais de celui l'expérience spirituelle intérieure.»

Proposition de 4 postures :



FICHE DE POSTURE

Séance proposée suite au cours du 20-10-2022

* 1 = Salutation au soleil