
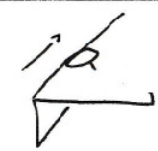


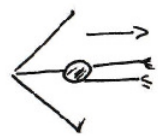

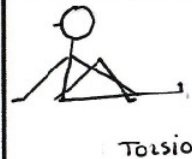









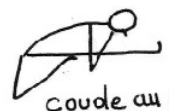
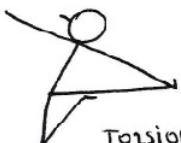









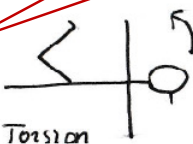
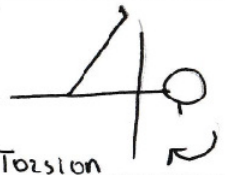
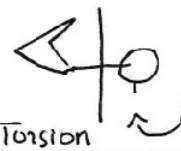



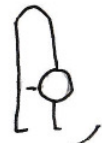



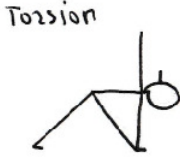

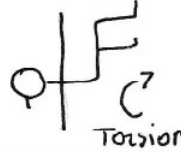




Citation : L'homme n'est pas le sommet de l'évolution, c'est un être de transition. Si il ne veut pas se dépasser, il sera dépassé » - Shri AUROBINDO

FICHE DE POSTURE

Séance proposée suite au cours du 09-02-2023

						 Torsion
			 Torsion			 Assis-Equilibre
		 Coudes au sol	 Torsion			
						 Torsion
 Torsion	 Torsion					
		 Torsion		 Torsion		

Chatakasana