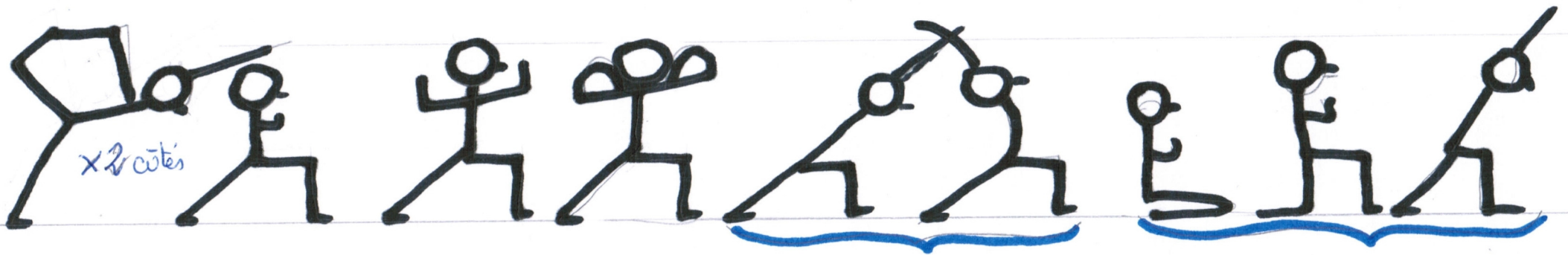
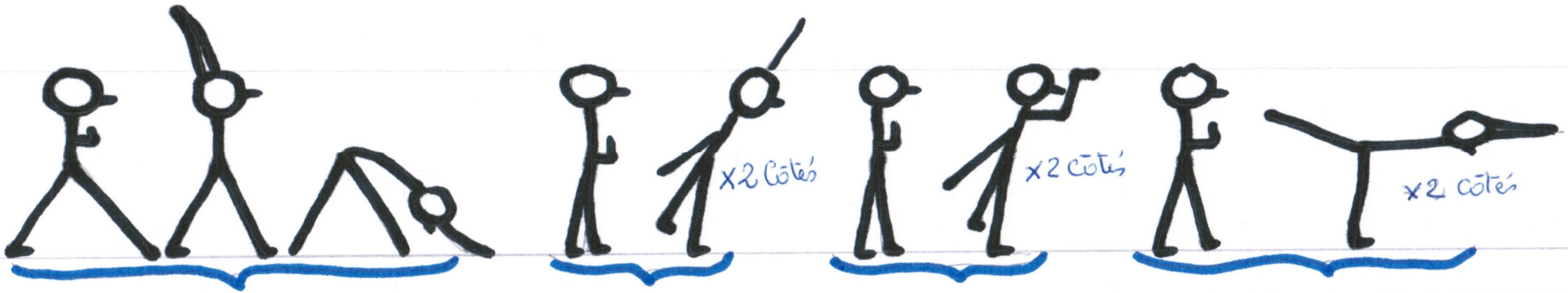
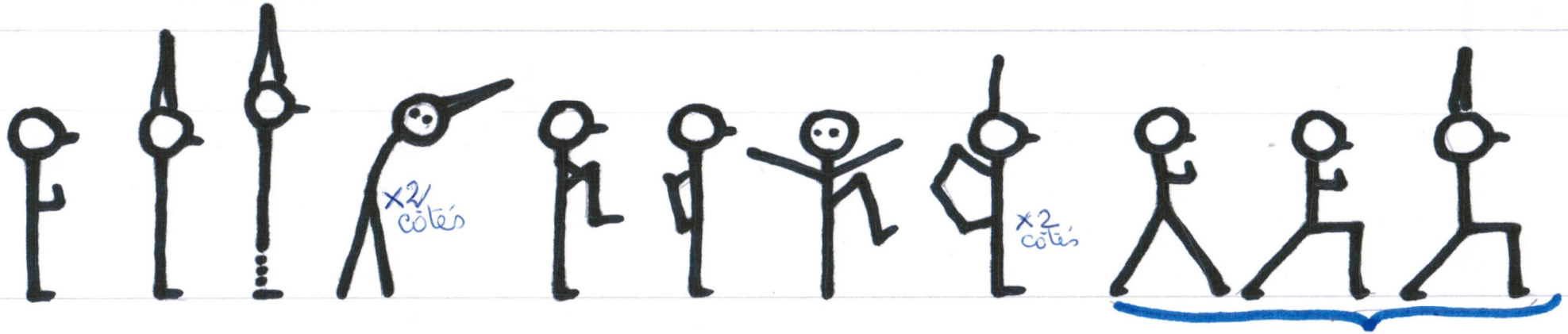


ASANA -

Préparation HANUMAN



→ besoin de Toujours pratiquer les postures des 2 Côtés.