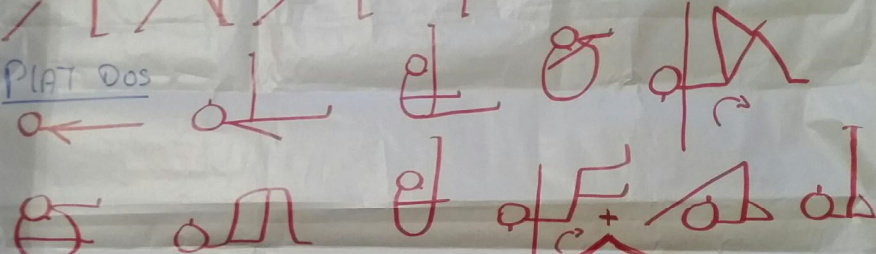


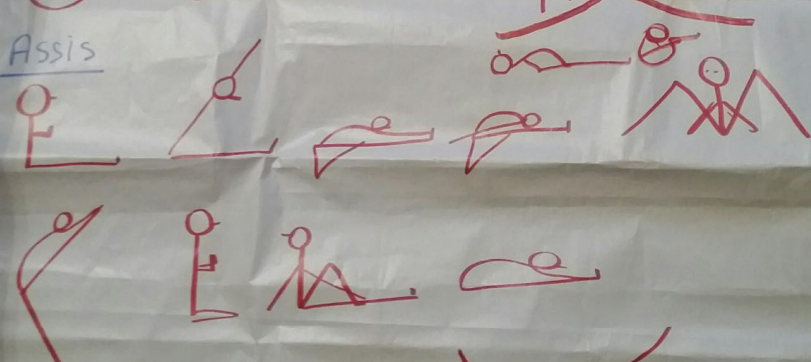
Debout Proposition Cours.



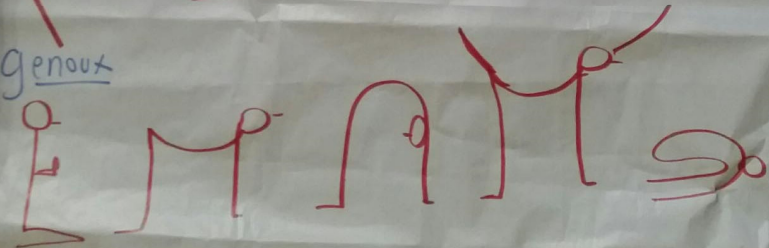
PLAT Dos



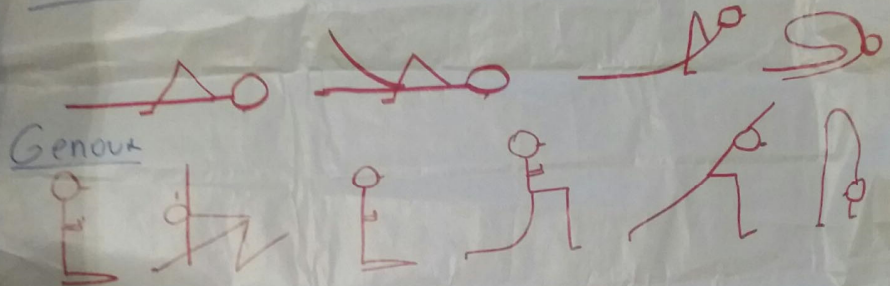
Assis



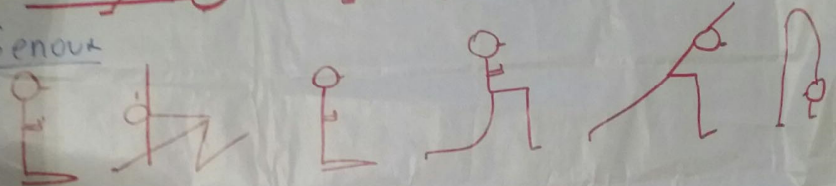
genoux



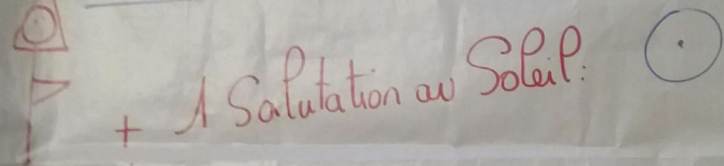
PLAT ventre



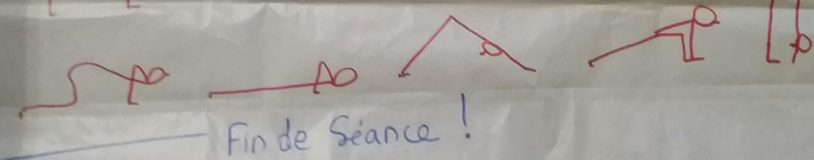
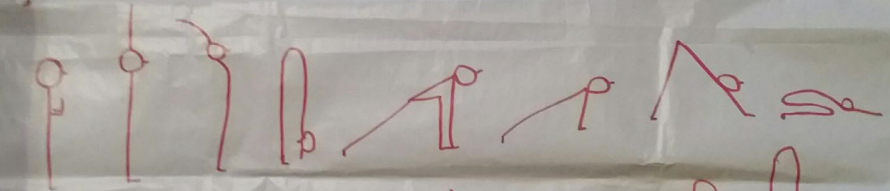
Genoux



L'ARBRE



+ 1 Salutation au Soleil:



Fin de Séance !

+ Relaxation / Meditation  
Pranayama