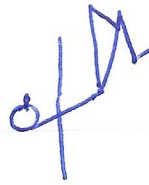
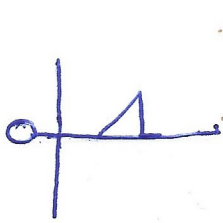
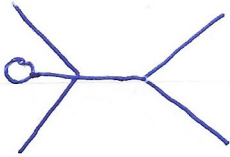
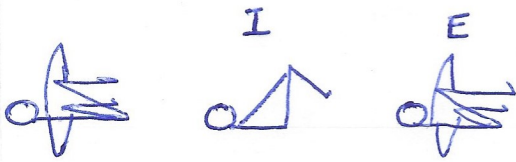


Seance 11

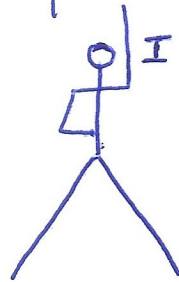
Respirer vers les flancs



tension 1 fois chaque côté

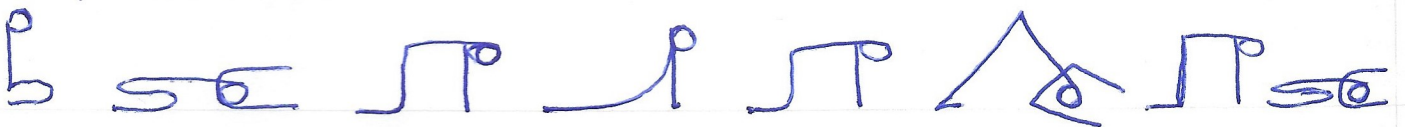


3x chq côté



-petite salutation

x 4 ou 6



Inspir > taille, ventre
expir >



soadha-chandrasana

dui pada pitham



shavasana

