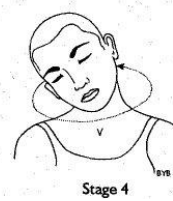
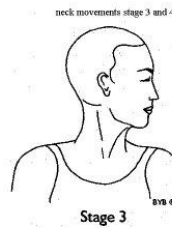
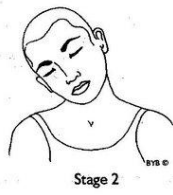
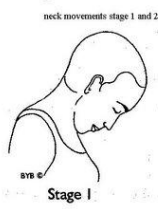
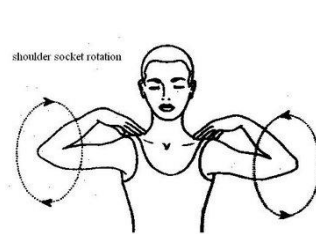
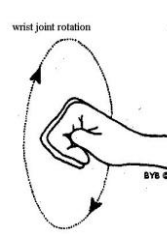
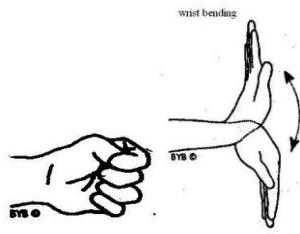
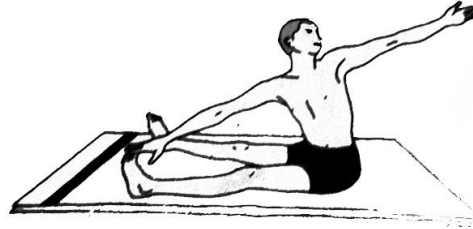
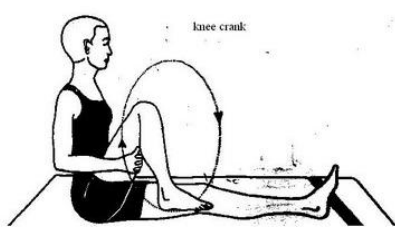
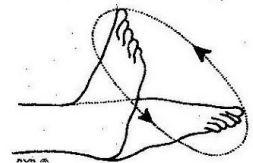
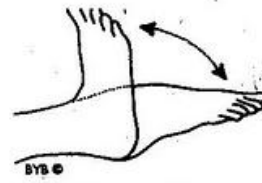
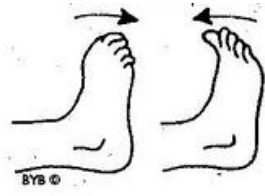
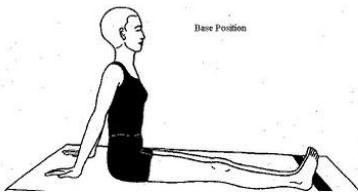


COURS DE YOGA POUR LES GRANDES VACANCES



Samasthi: Construire le socle de la posture ...



... étirement vertical vers le haut, et éventuellement le côté



inspir



expir



Shavasana, la posture du passage



Shavasana, la posture du passage