



- STAGE "EAU"
Centre du bassin

13/05/21

①



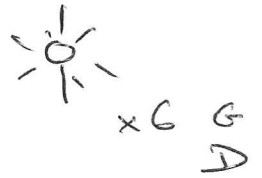
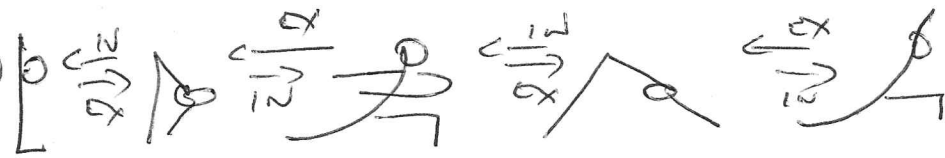
Samastiti

②



Udyana
revenir le
ventre.

③



Suryanamaskar.

④

Shankhajakshelana

①



G x 6
D

Tolwana.

②



G x 6
D

③



G, D x 6
2 genoux

④



x 6

Platy endrasana

⑤



Byangasana
x 6

⑥

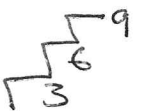


aparasana à volonté'

⑤



Suryabhedana - Souffle à droite.
IN - EX - 2N - IN - RP - EX - SV
ND x 3, NG - 1. 1 2 2 1



⑥

les 5 tibetain x 12.

①



derriche

②



betrean

③



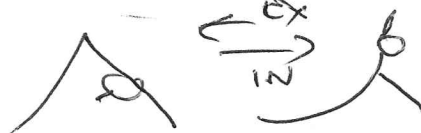
chameau.

④



table à 4 pied.

⑤



- Relaxation sur l'EAU -

- BEAU PRINTETIPS.