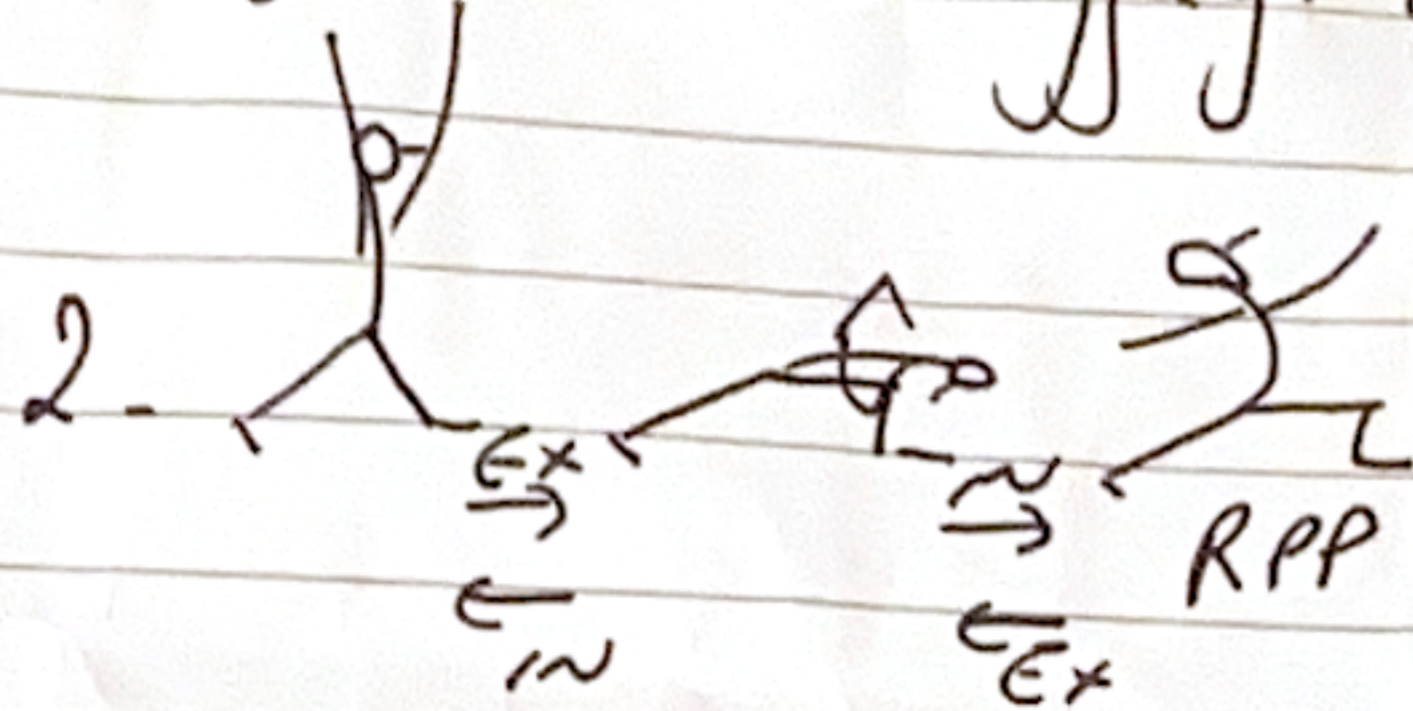


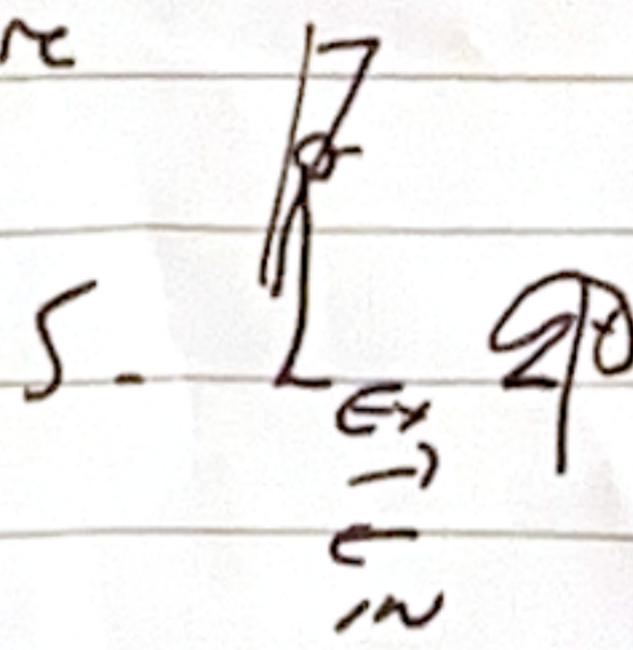
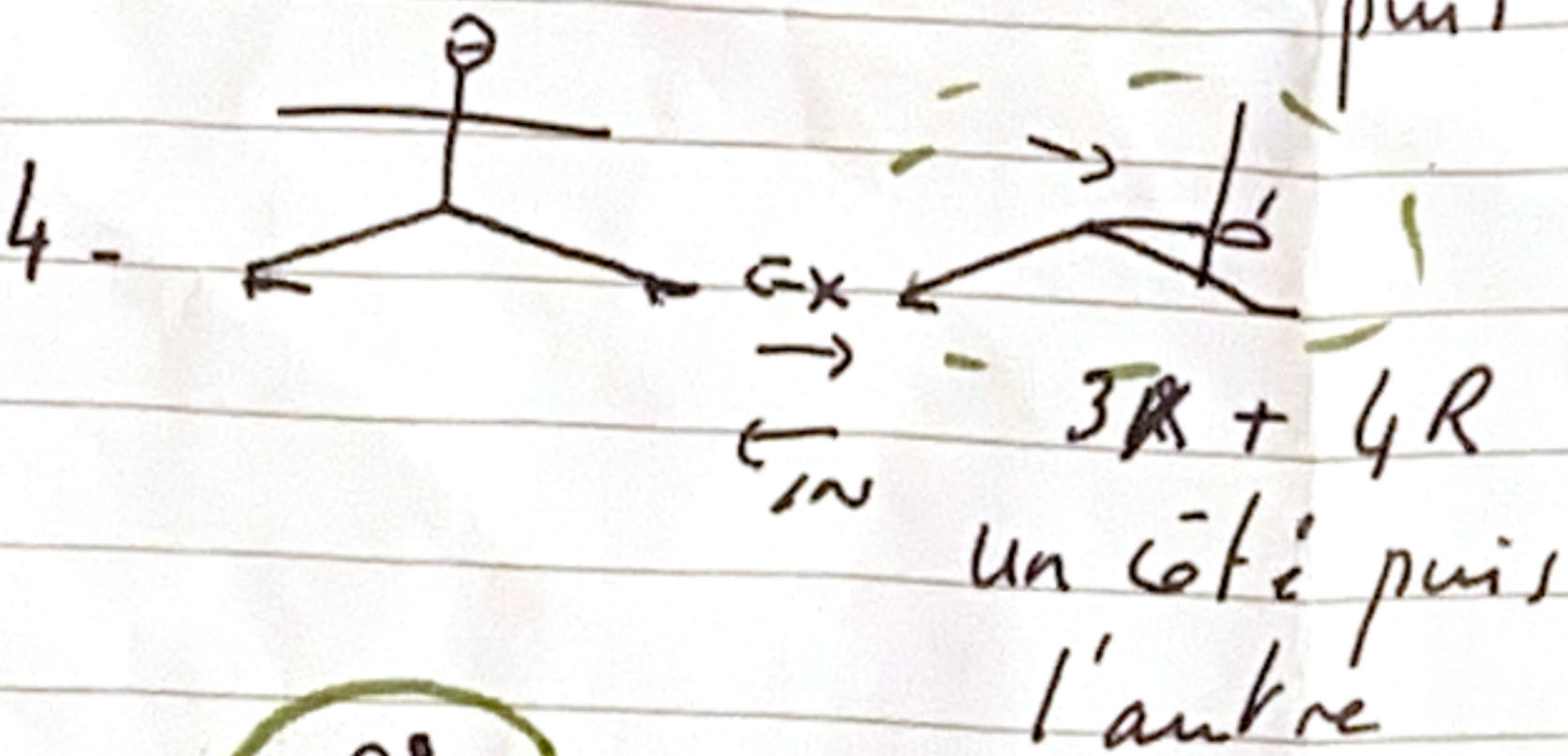
Confiance

Holi Yoga 24-25
3

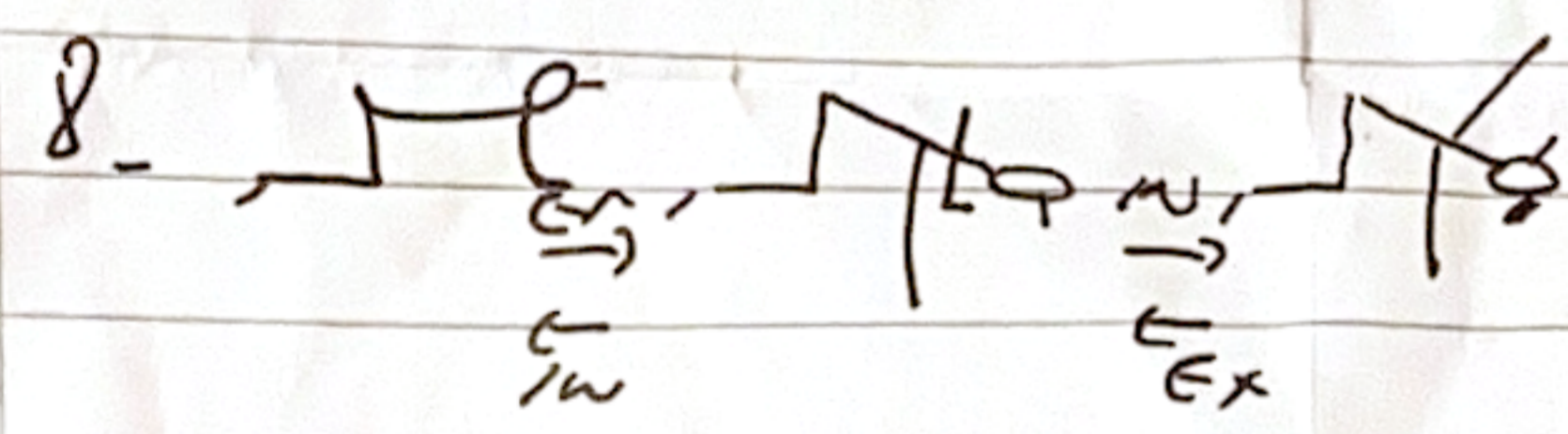
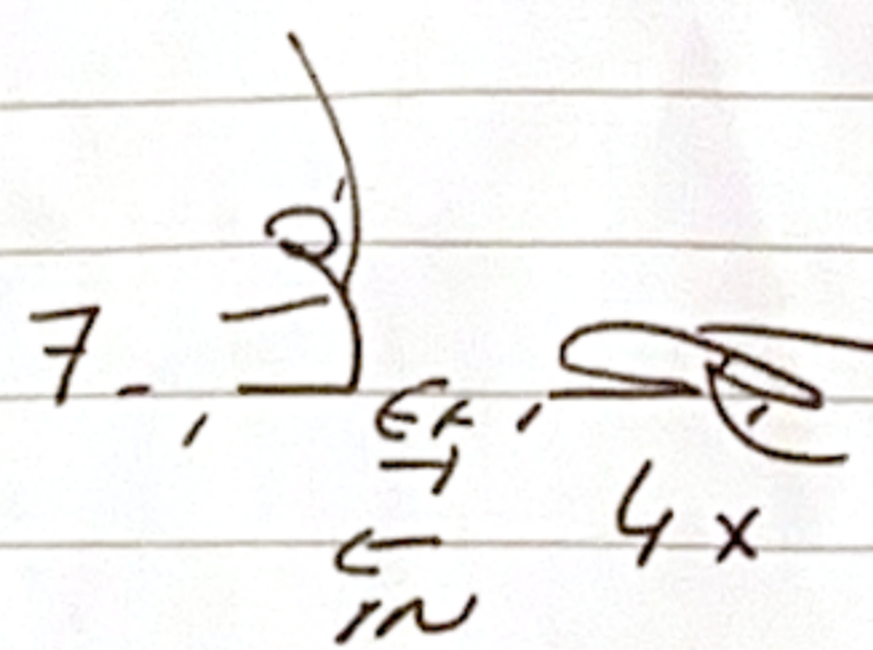
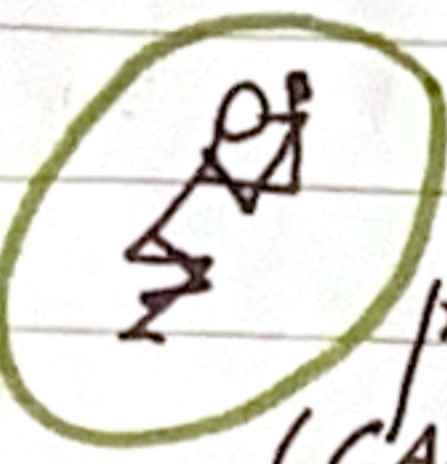
1. Kappalabhati +
Viloma Ujjayi avec RPP



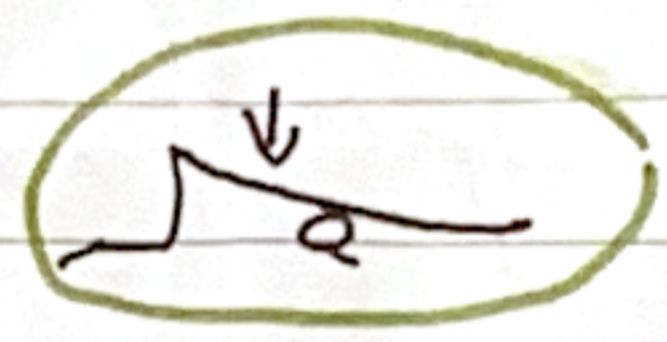
2. RPP 3x un côté puis l'autre



6. 6R un côté puis l'autre (GARUDASANA)



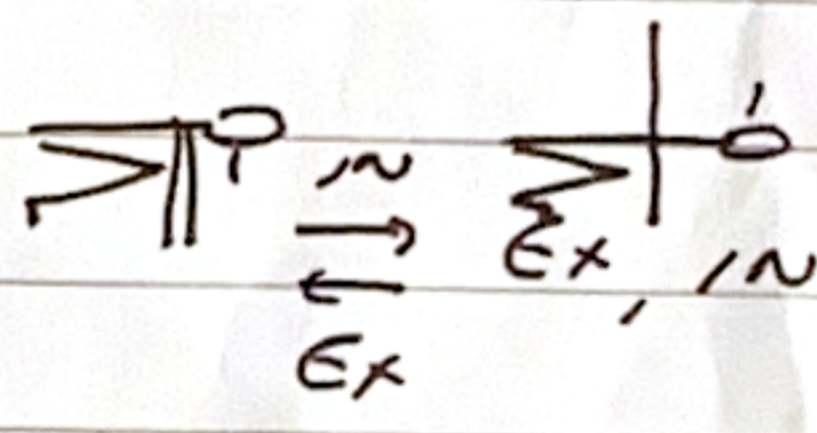
9. 6R



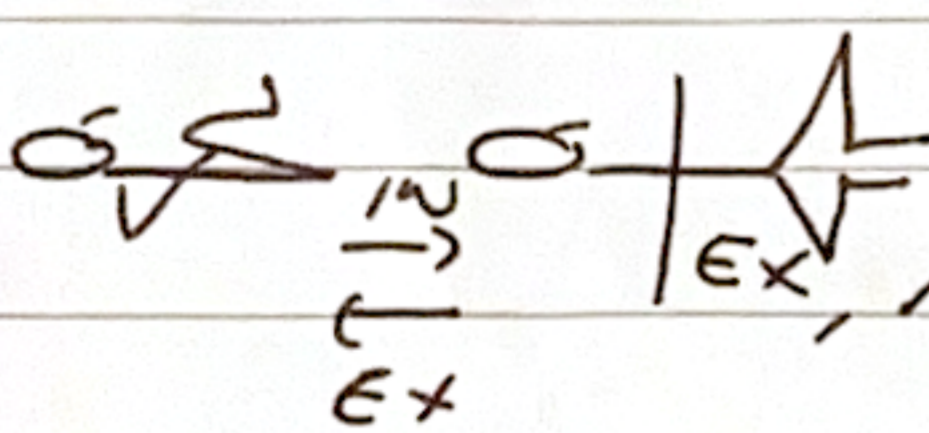
10. 6R un côté puis l'autre



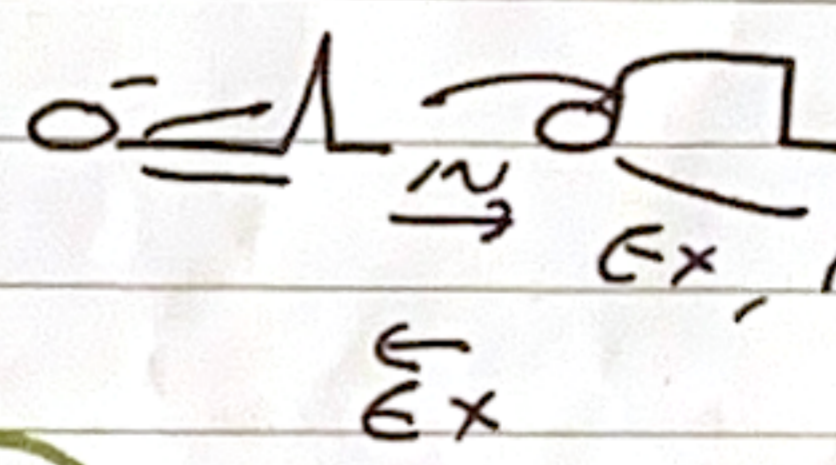
11. 4x un côté puis l'autre



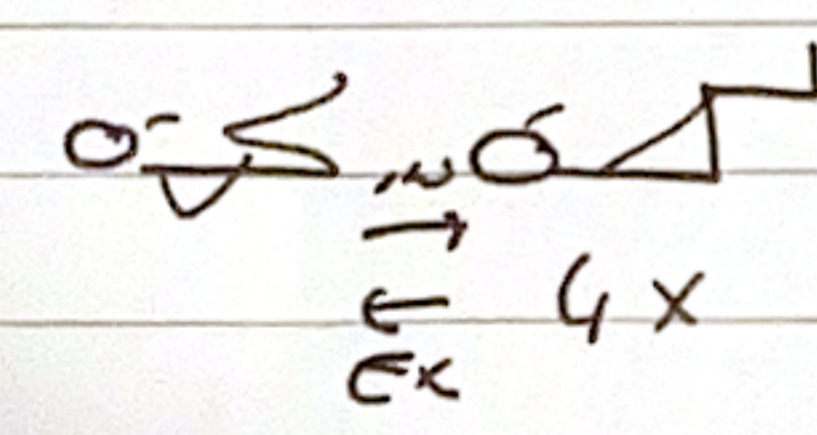
12. EX, IN, RPP



13. EX, IN RPP



14. 4x



15. 8R un côté puis l'autre Gomukhasana



16. ou Hridayamudra

