



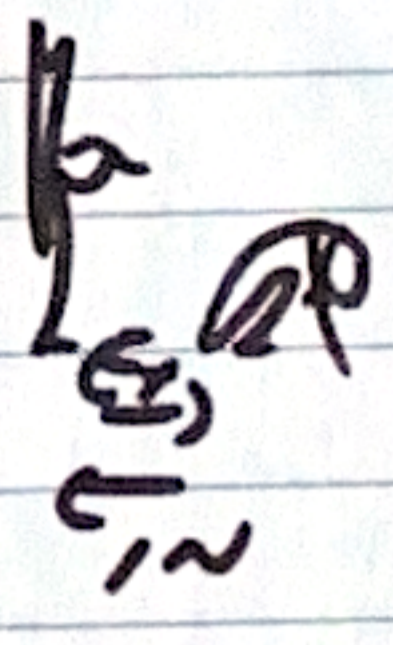
Immobilité


Holi 24.25
#4

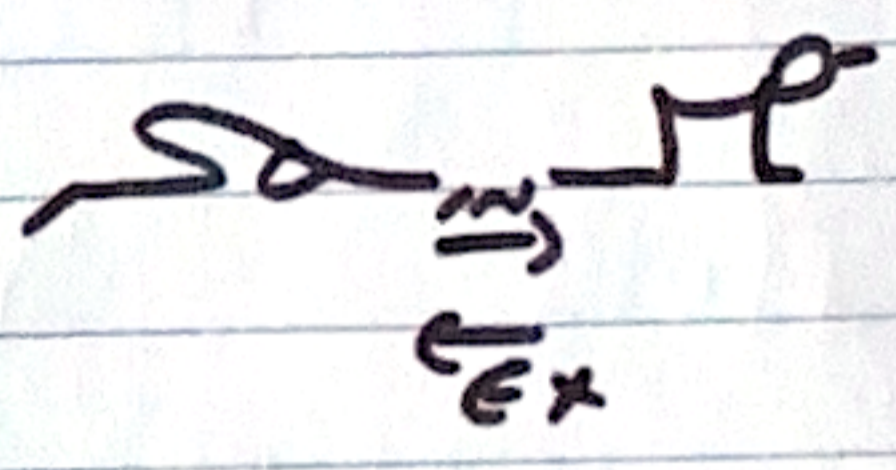
1.  Kapalabhati;
+ Surya bedhana


2. Suryanamaskar
avec pigeon


3.  6R un côté
puis l'autre

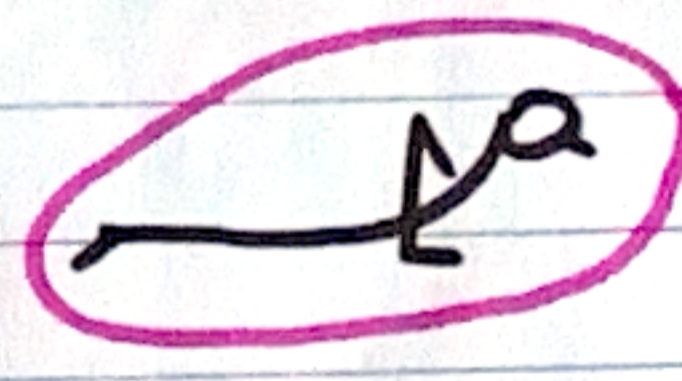
4. 

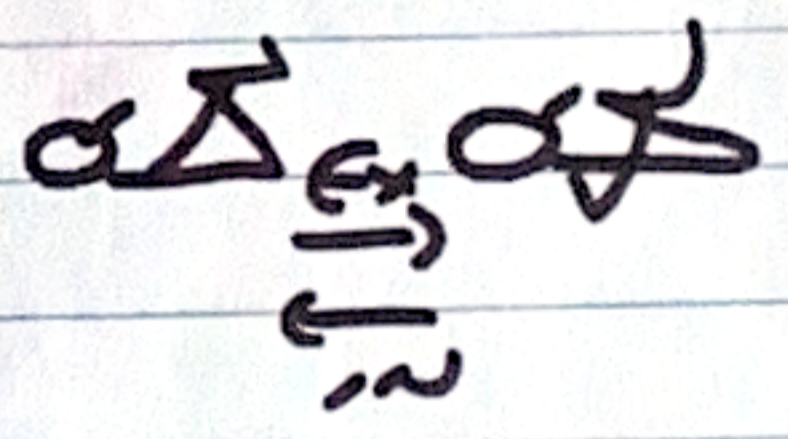
5.  6R un côté
puis l'autre


6. 


7.  8R

8.  6R un côté
puis l'autre


9.  6R

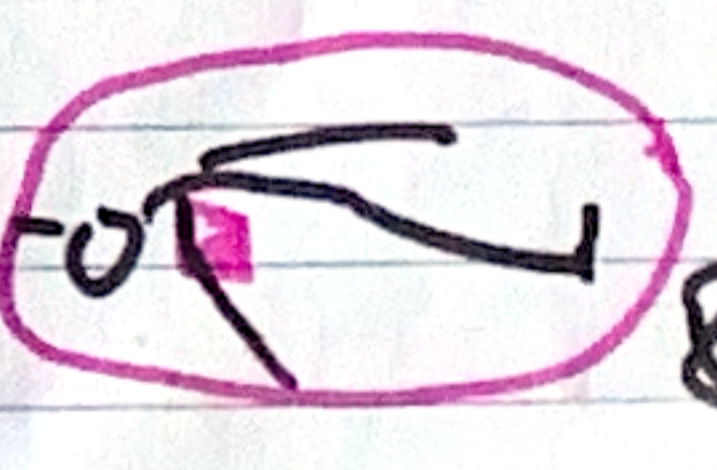
10.  6x

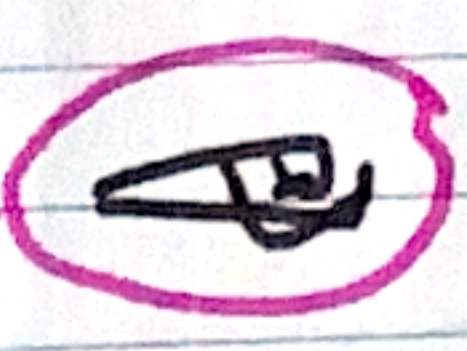
11.  6R un côté
puis l'autre

12.  6R

13. idem 10

14.  8R

15.  8R

16.  8R

17. 