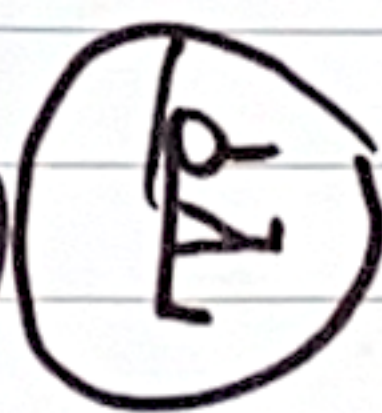


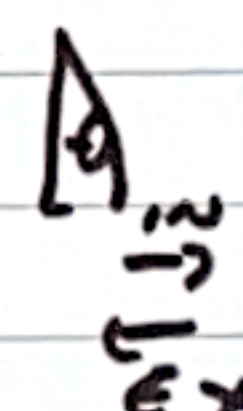
Etirements latéraux

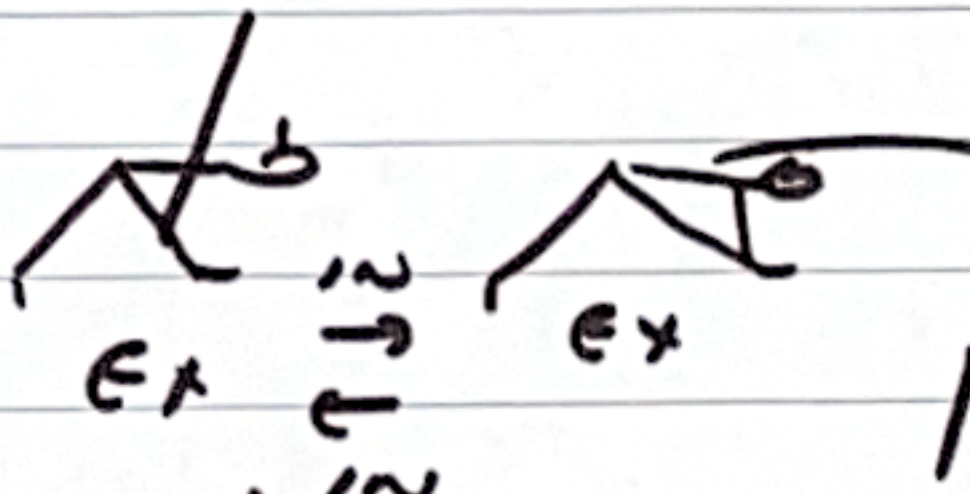
Holi 24-25

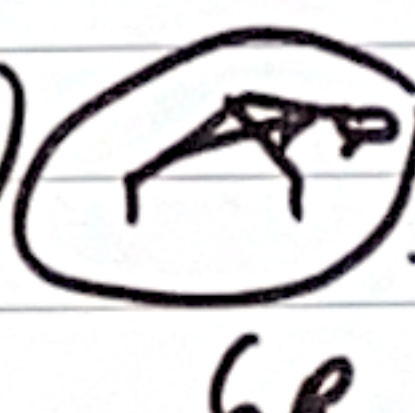
1)  Kapulaballi Navine
Pun 2 navines

2) Chandana namasha

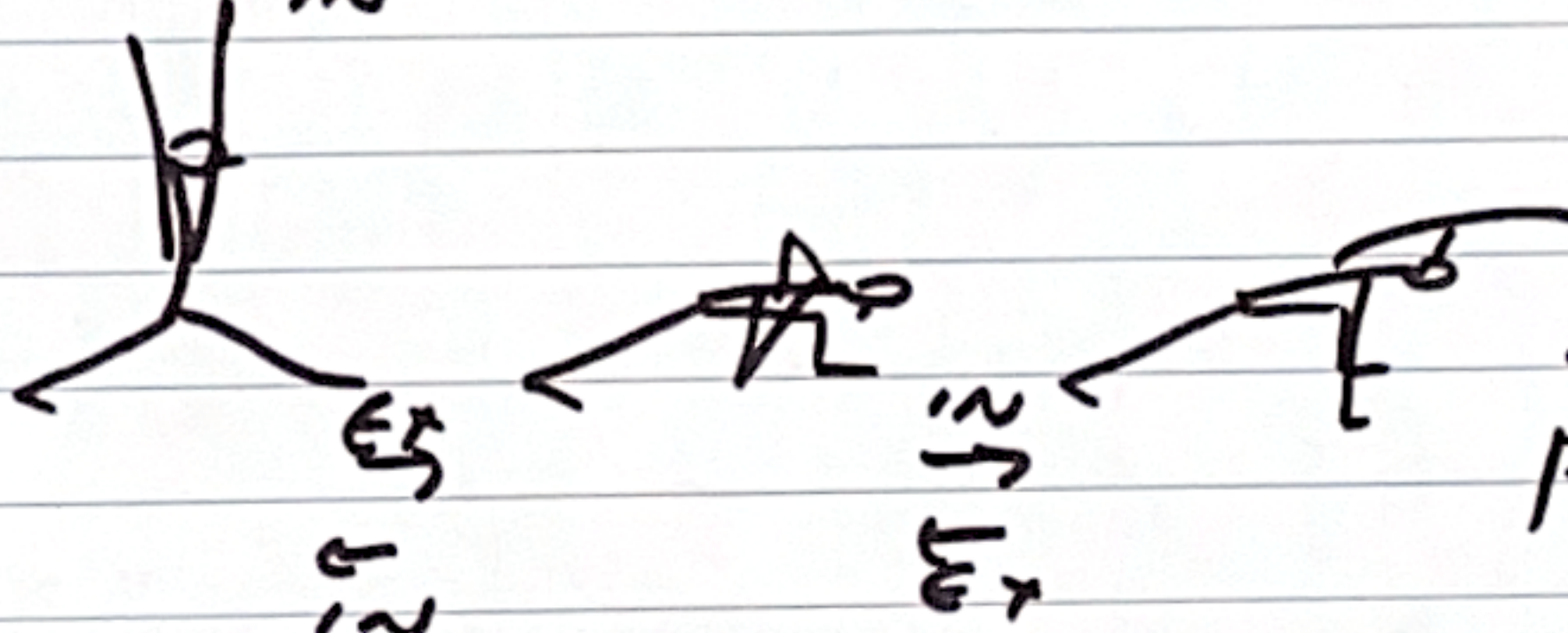
3)  6R un côté
puis l'autre

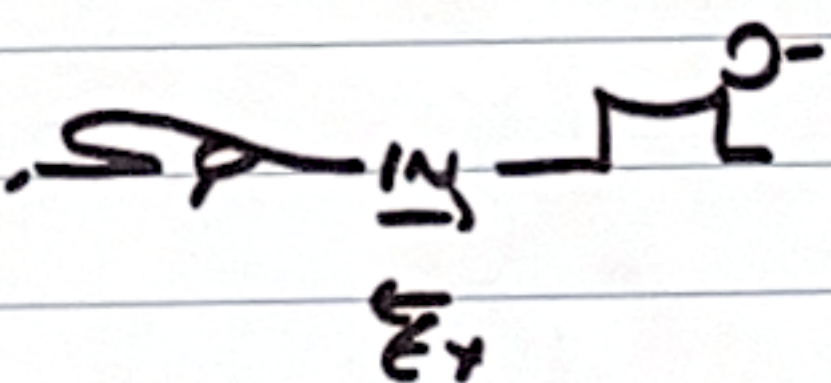
4)  A in 2P
Ex

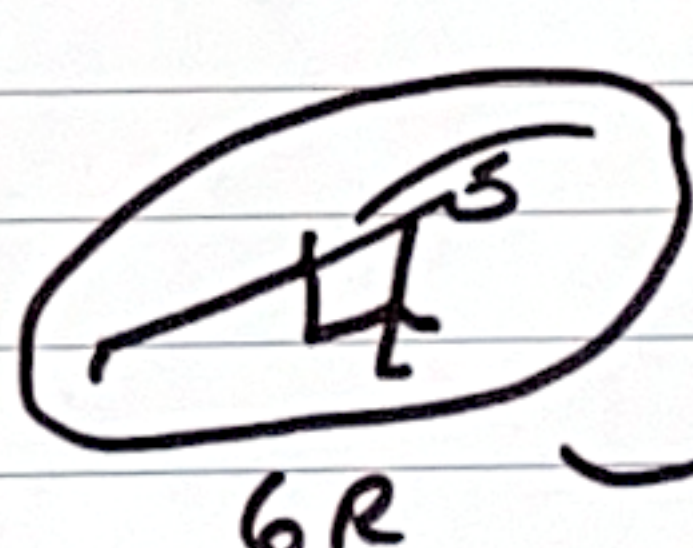
5)  4x un côté
puis l'autre

6)  6R

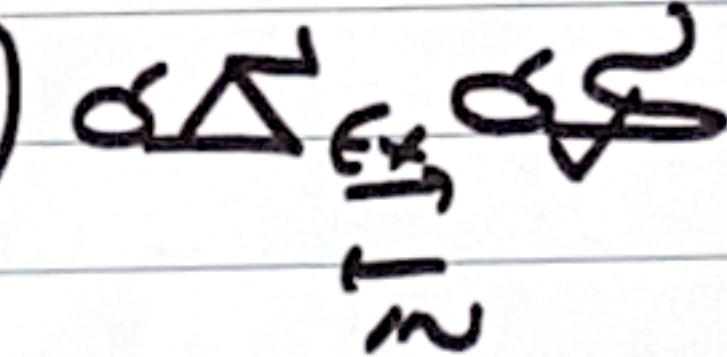
 6R

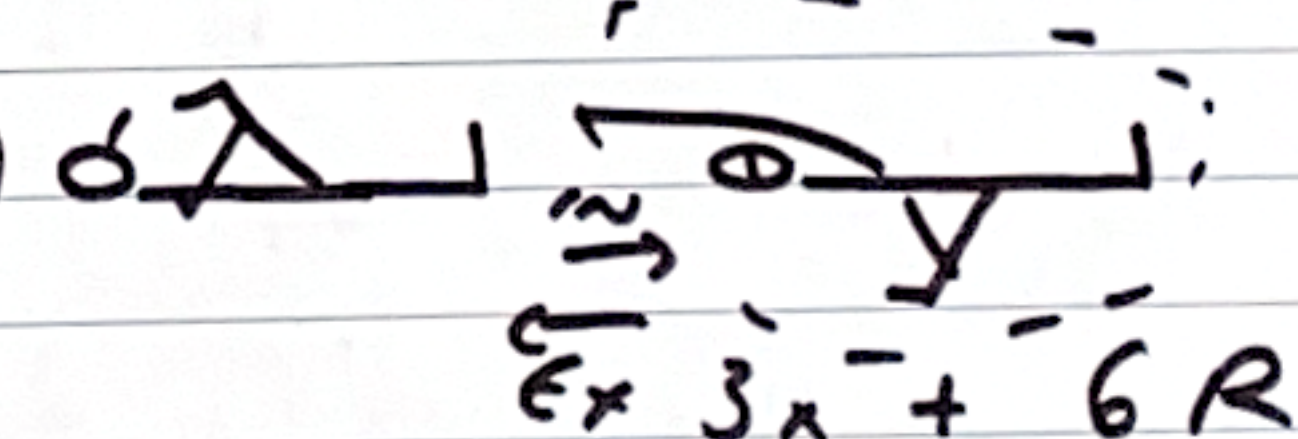
7)  3x un côté
puis l'autre

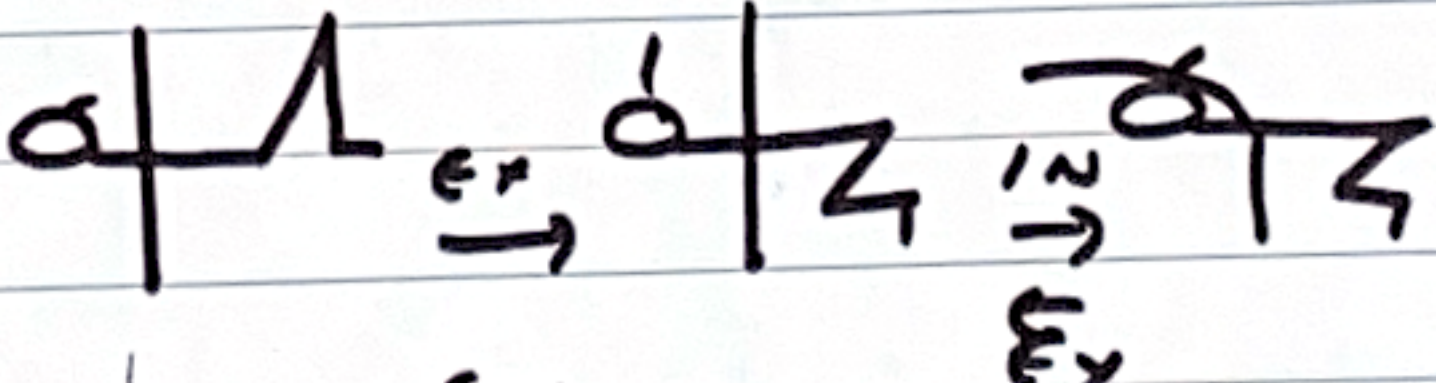
8) 

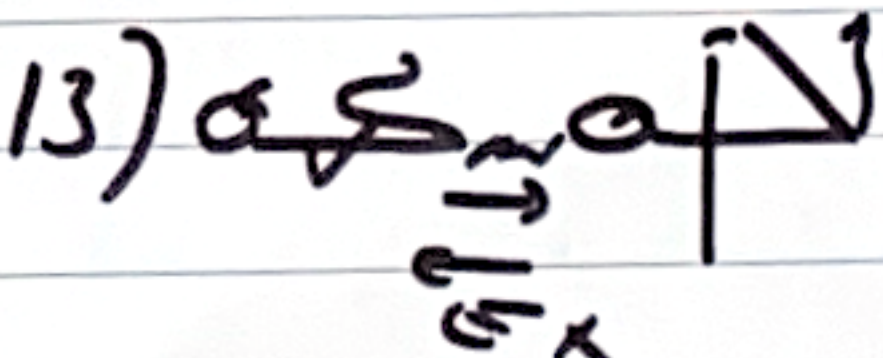
9)  6R

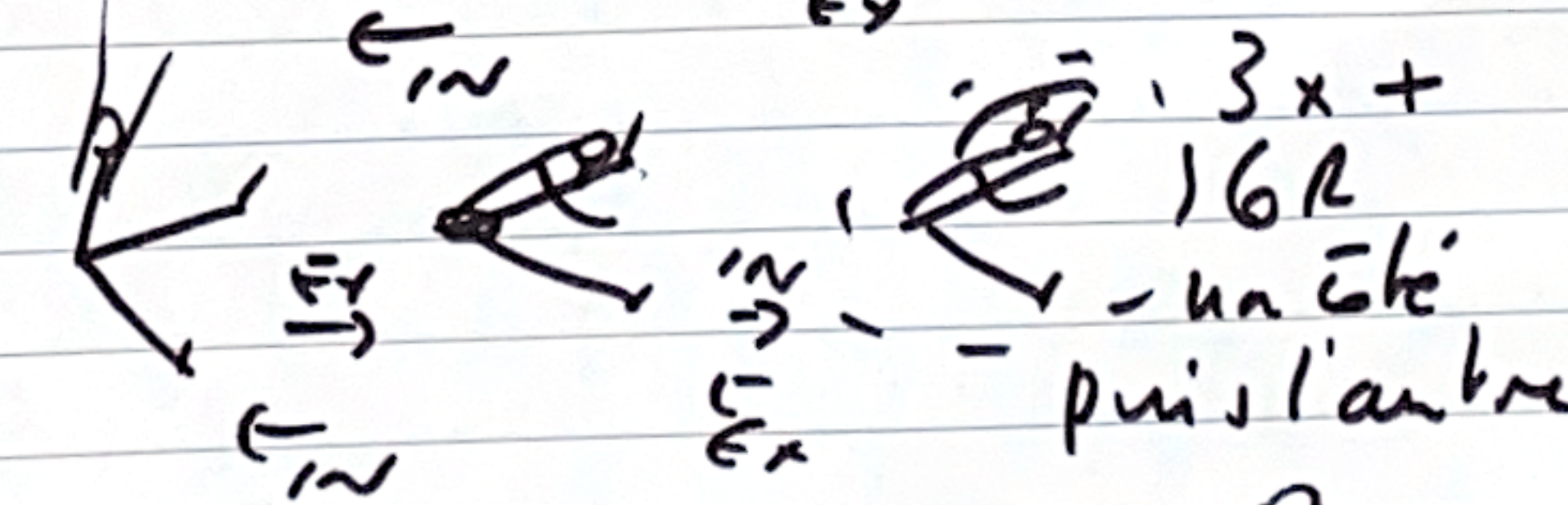
 6R

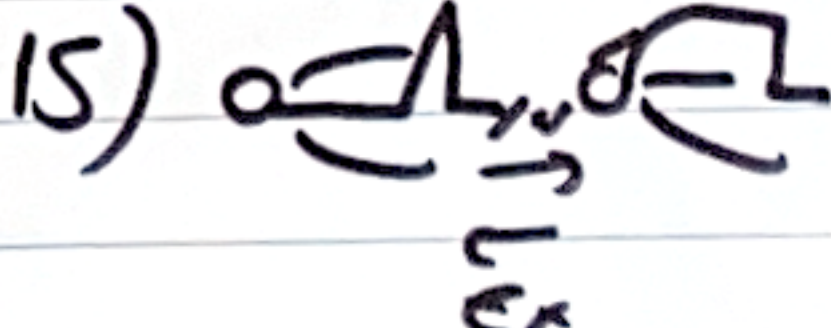
10) 

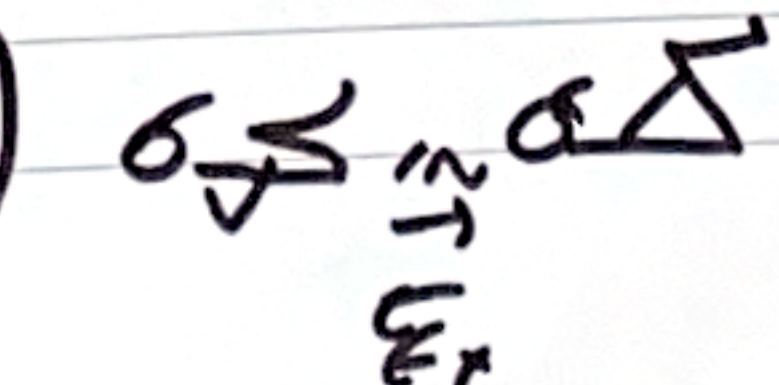
11)  Ex 3x + 6R

12) 

13) 

14)  3x +
16R
- un côté
puis l'autre

15) 

16) 

17)  Viloma Ujjayi
IN: NA
Ex: 2N