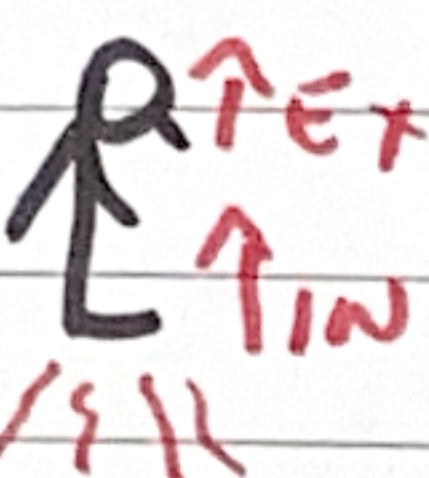


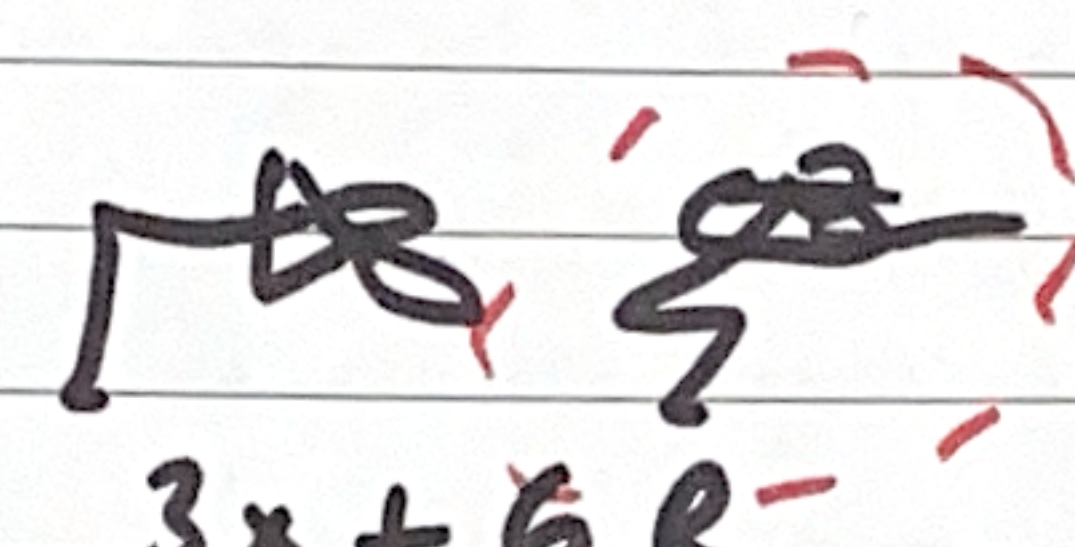
Ancrage

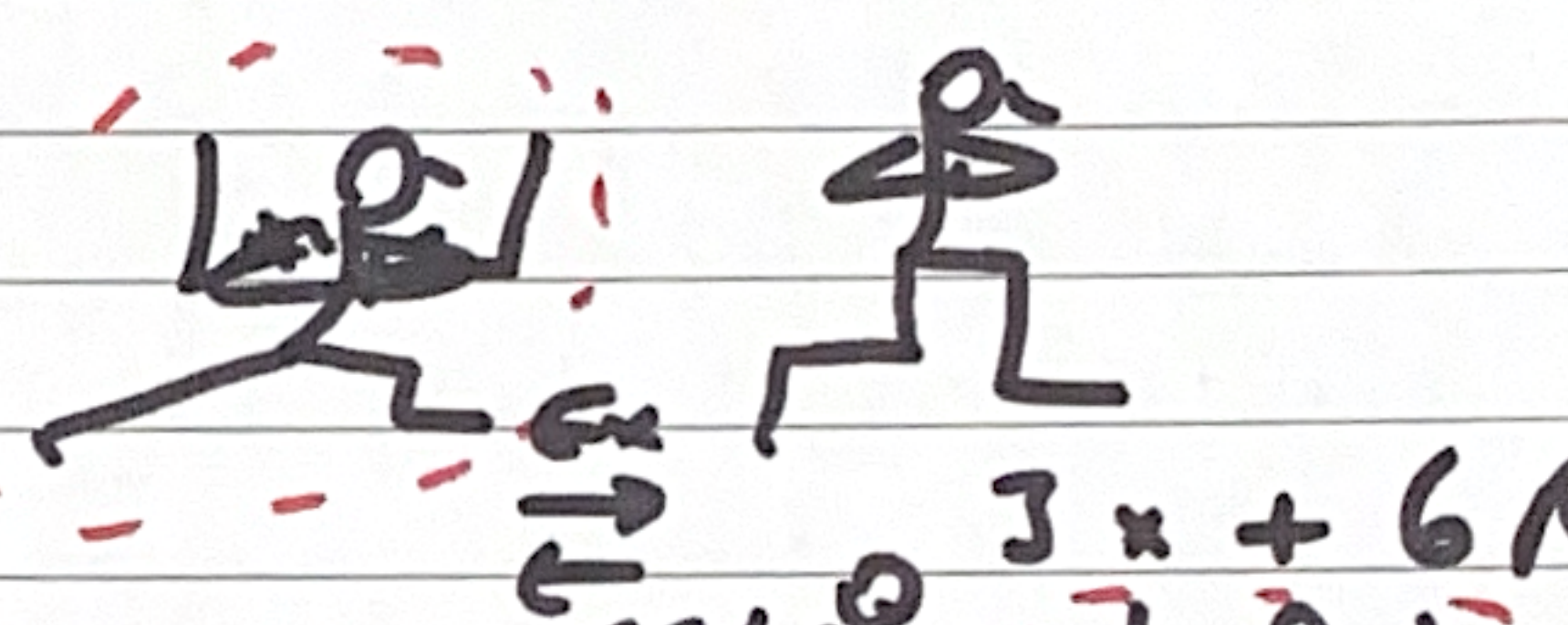
Holi: 24-25

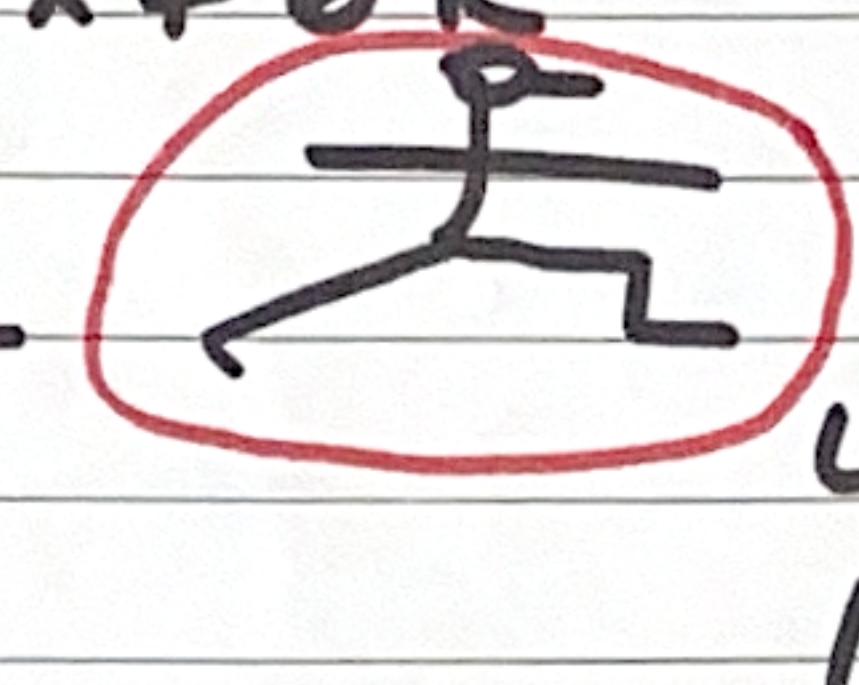
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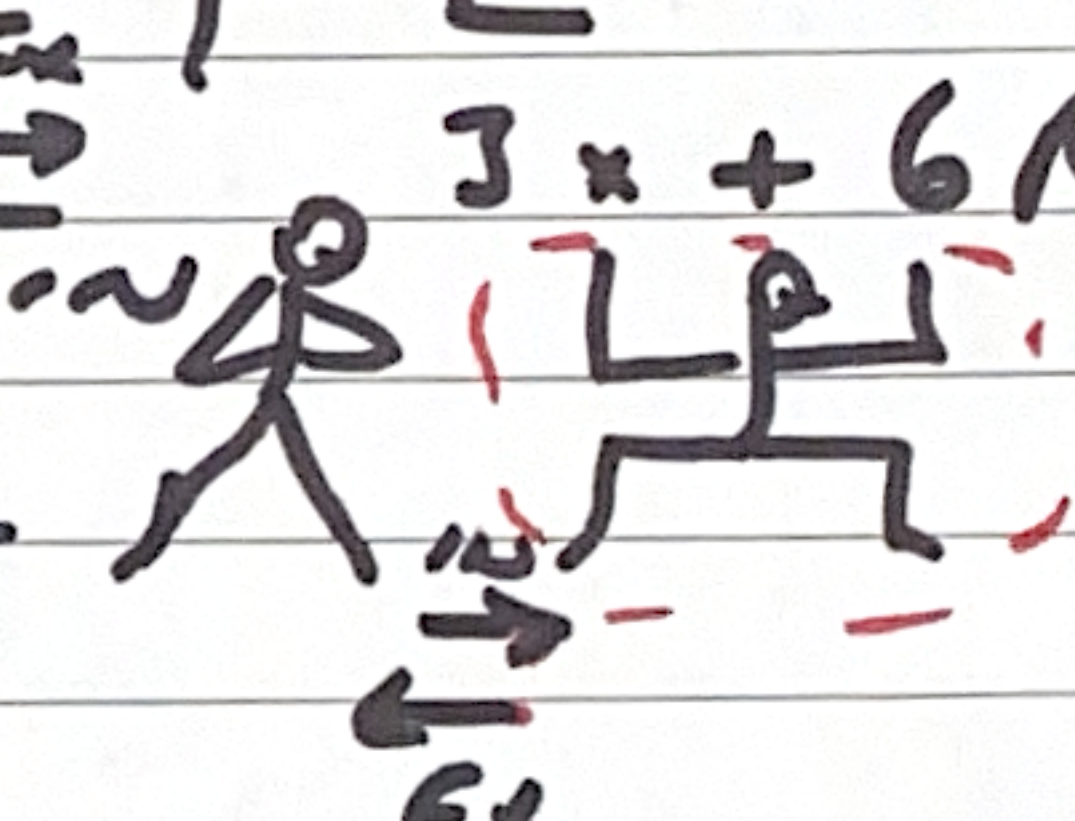
1.  $R \uparrow Ex$
 $\uparrow in$

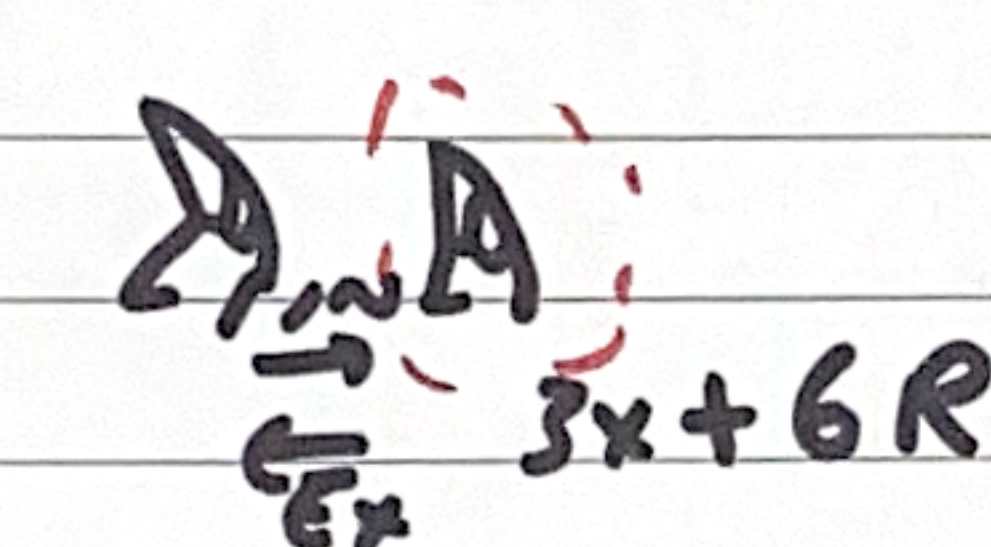
2. Salutation à la Terre
Bhumi namaskar

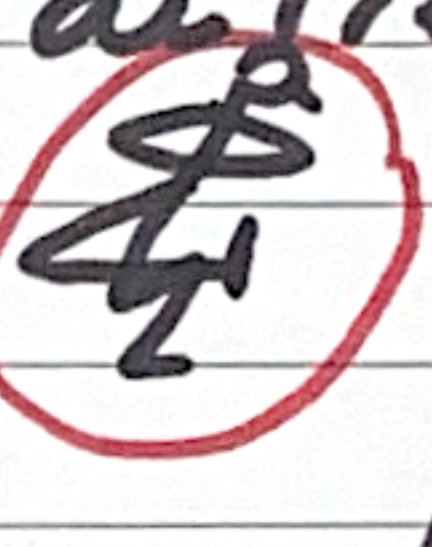
3.  $3x + 6R$

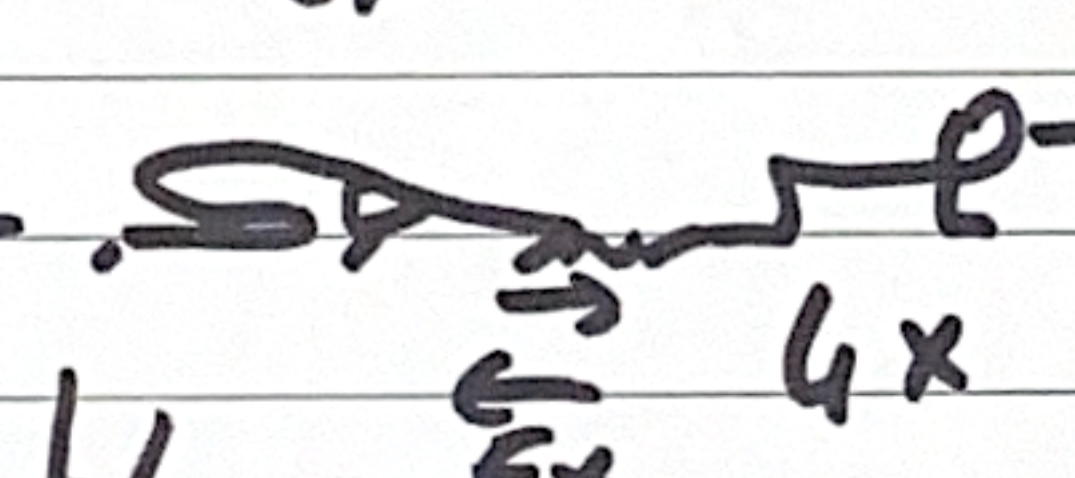
4.  $3x + 6R$

5.  $6R$
 $4x + 5$ un côté
puis l'autre

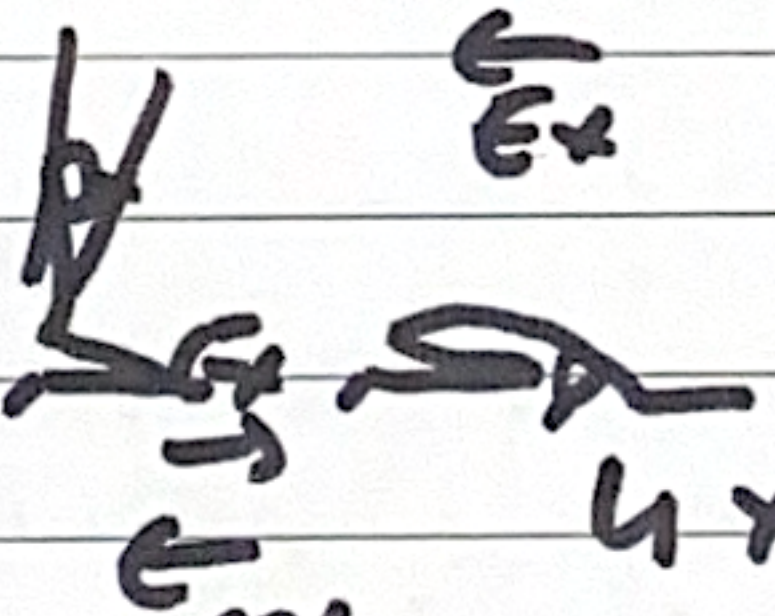
6.  $3x + 6R$
 Ex

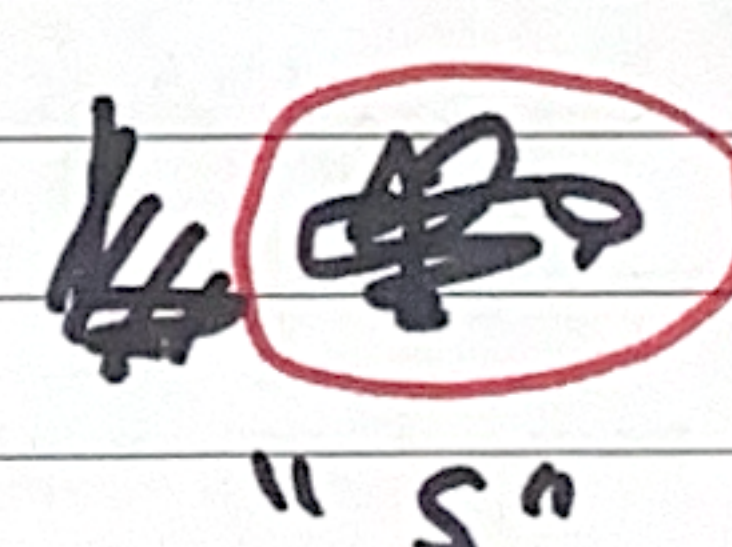
7.  $3x + 6R$

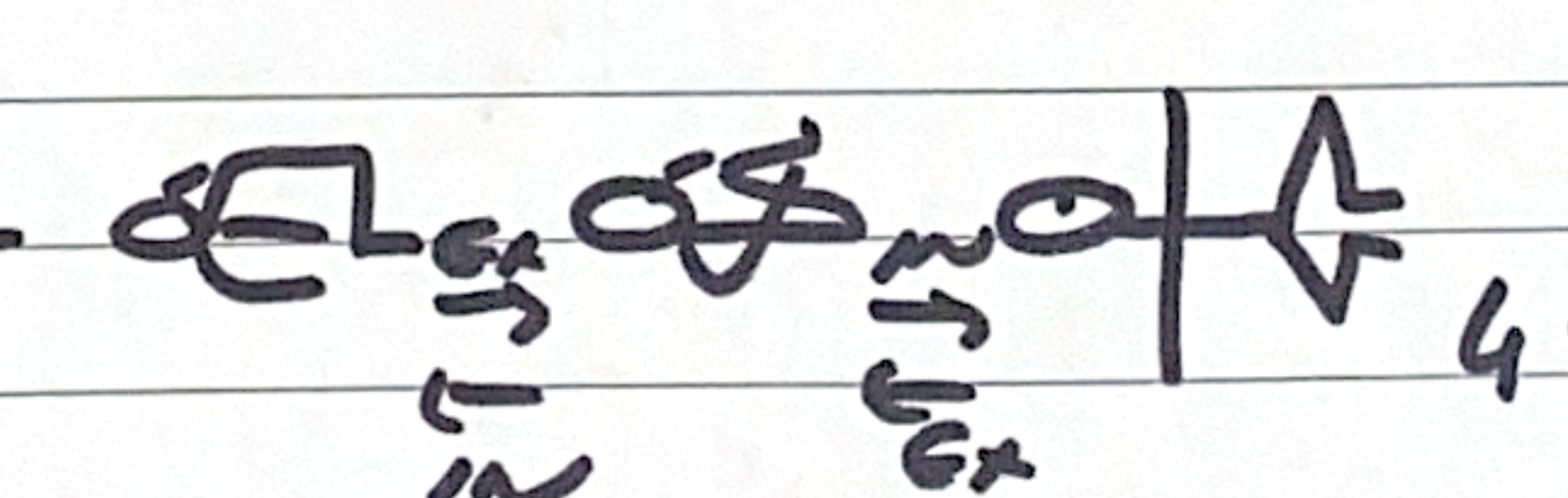
8.  $6R$ un côté
puis l'autre

9.  $4x$

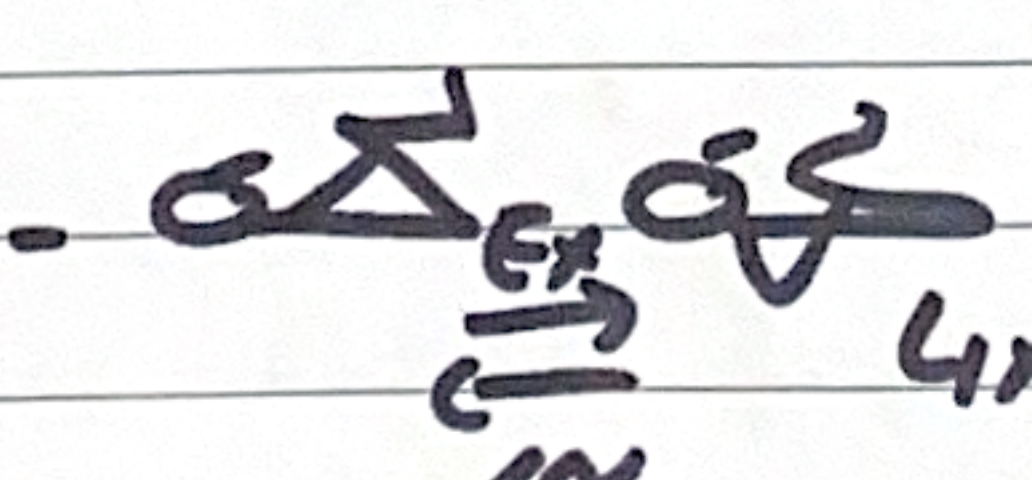
10.  $8R$
"S" "S"

12.  $4x$

13.  $6R$ un côté
puis l'autre
"S"

14.  $4x$

15.  $4R$

16.  $4x$

17.  $6R$
"S"

18. idem 16

19.  $4x$