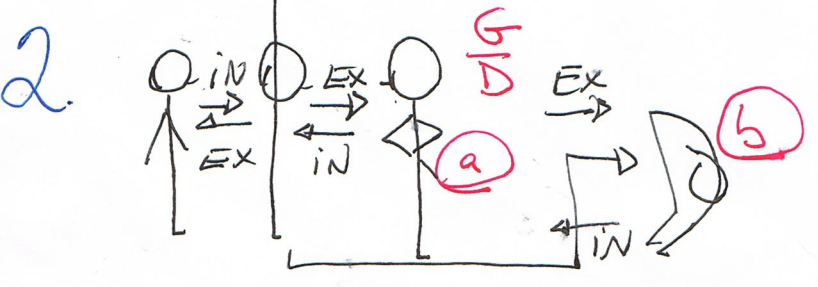
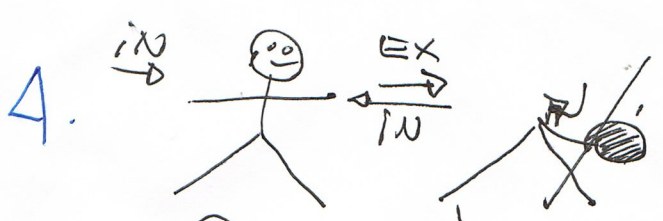


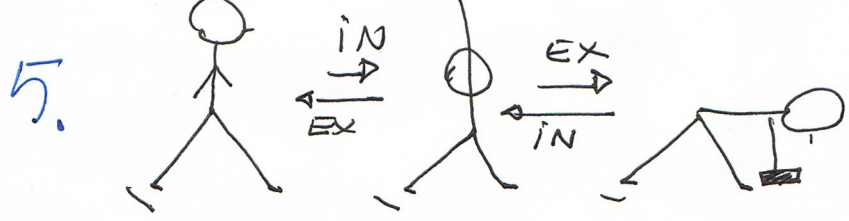
8 x



4x DYN +
4x avec 1Rst @a @b

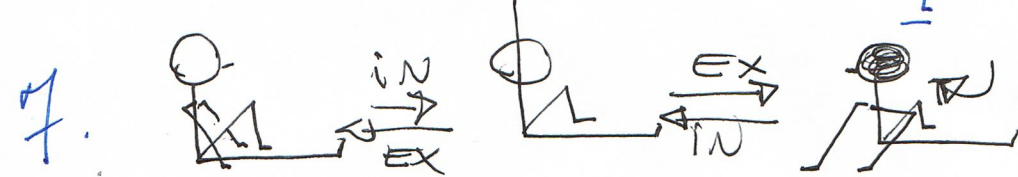


Alterner G/D
3x DYN, Ensuite:
3x avec 1R.st

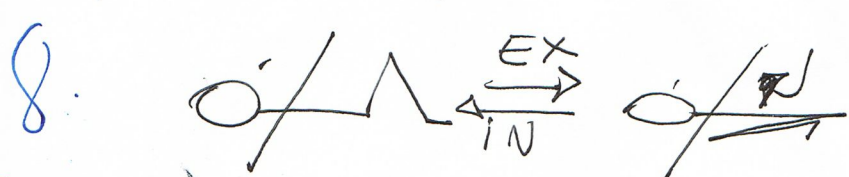


2x DYN, ensuite
3x avec 1R.st/c

6. MUR 2 minutes /c



2x DYN
1x 1R.ST
1x 2R.ST



2x DYN
2x 2R.ST
2x 3R.ST

9. APĀNĀSANA



8 Resp → Côté gauche
8 Resp → Côté droit