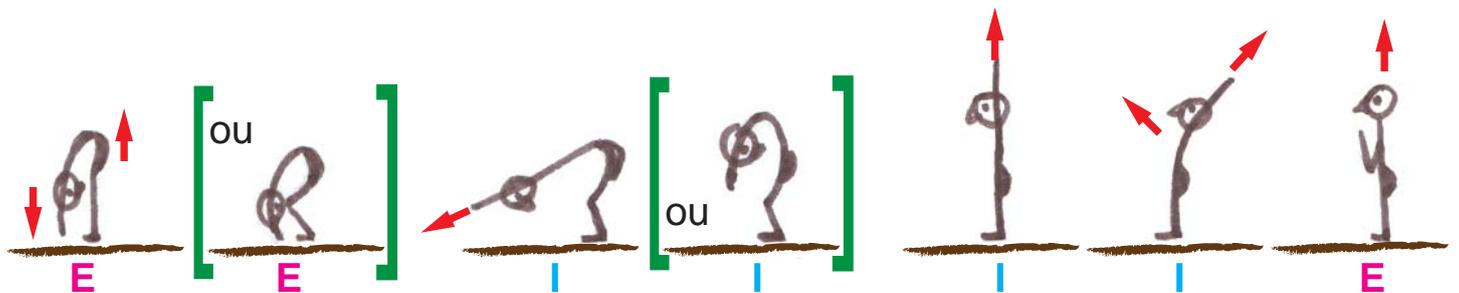
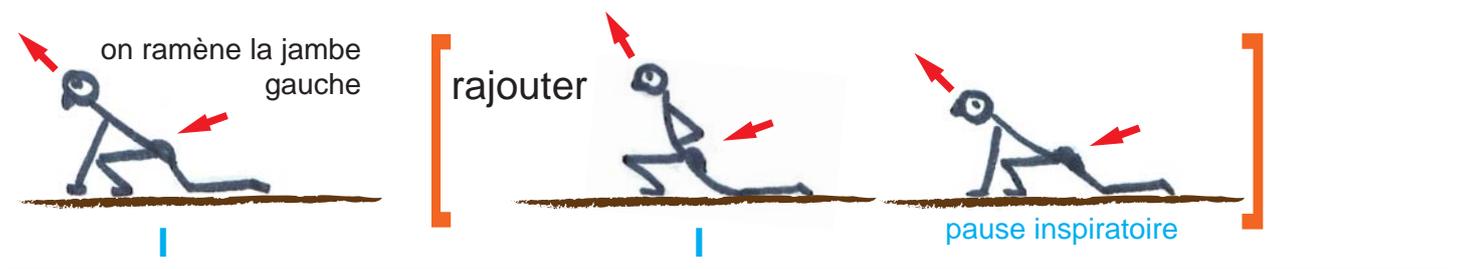
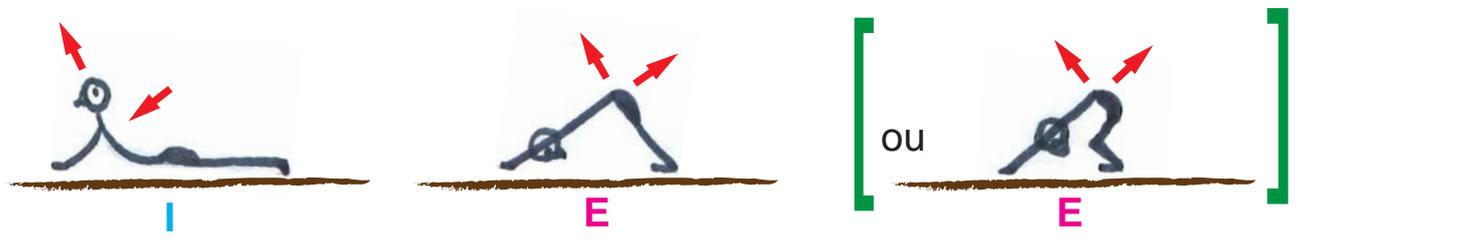
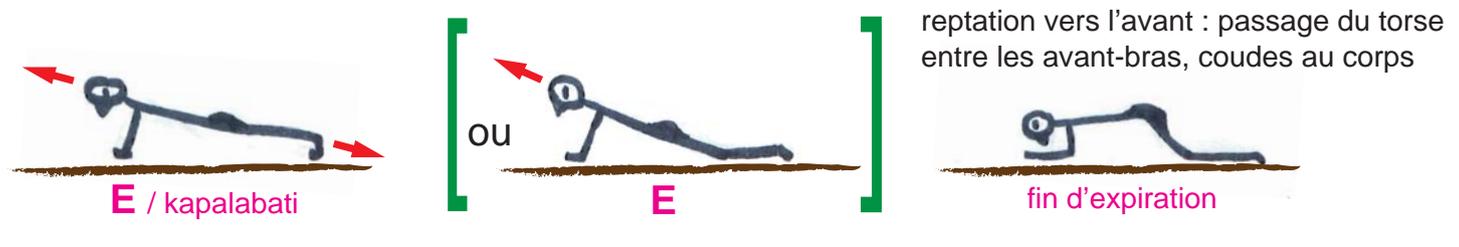
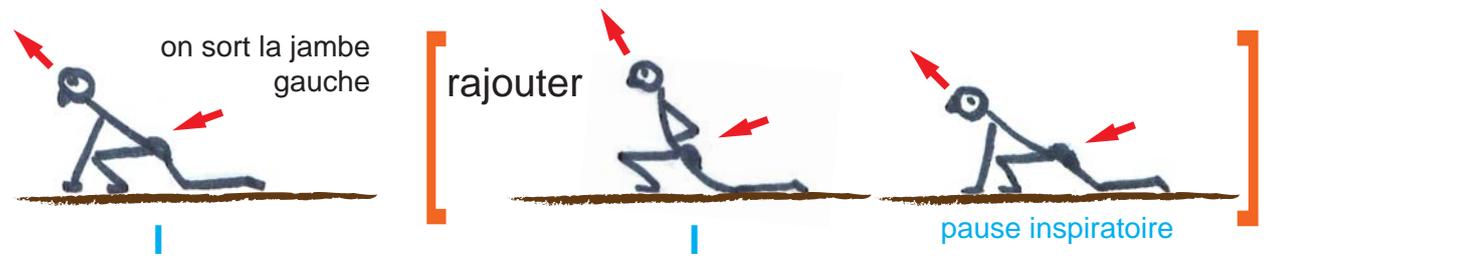
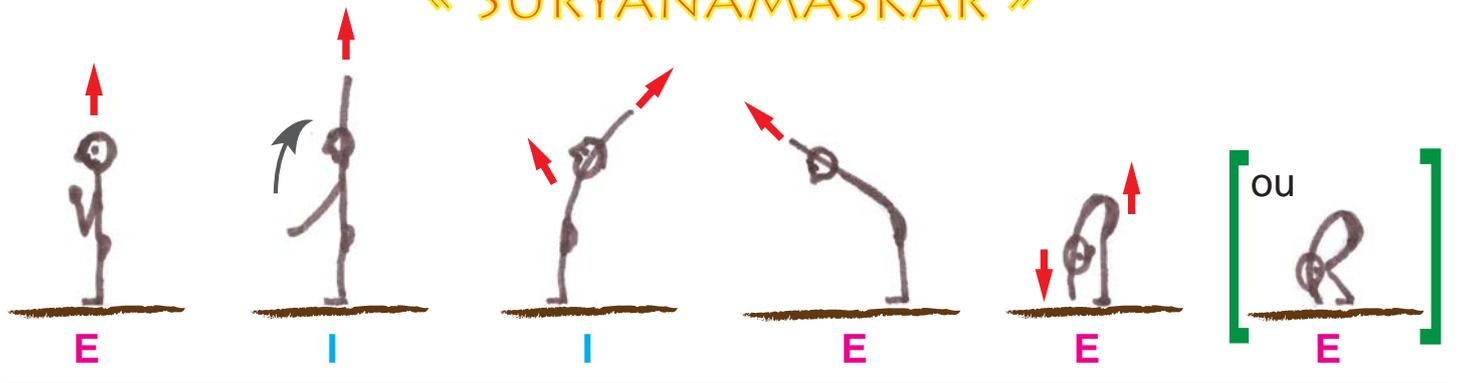


LA SALUTATION AU SOLEIL « SURYANAMASKAR »



Puis recommencer de l'autre côté (pour sortir la jambe droite).

← sens des étirements ou des poussées

E expirer

I inspirer