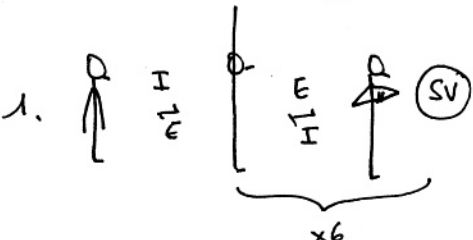
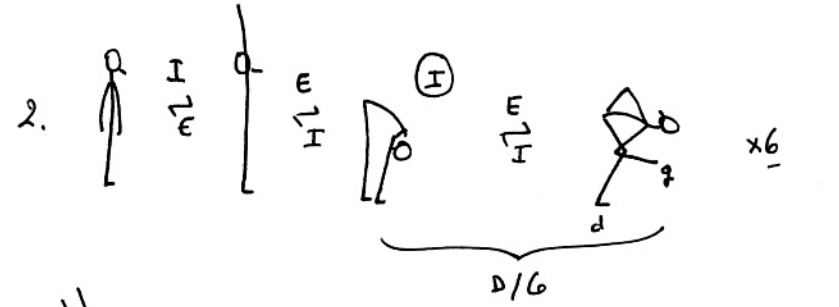
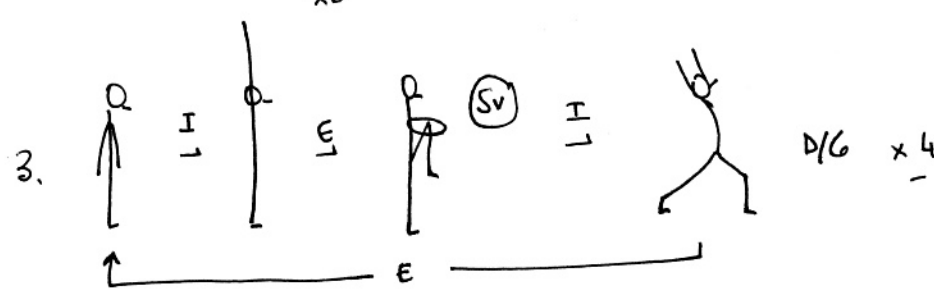
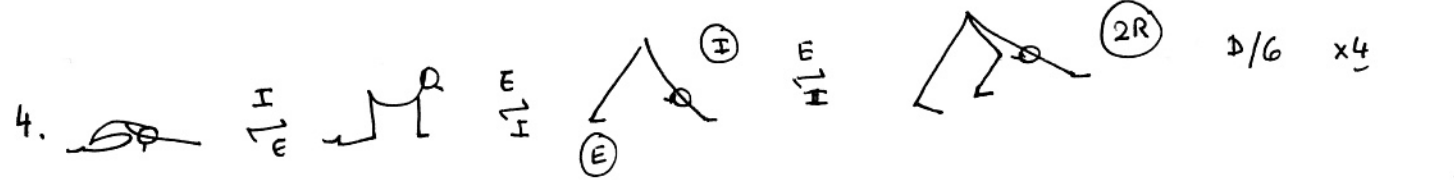
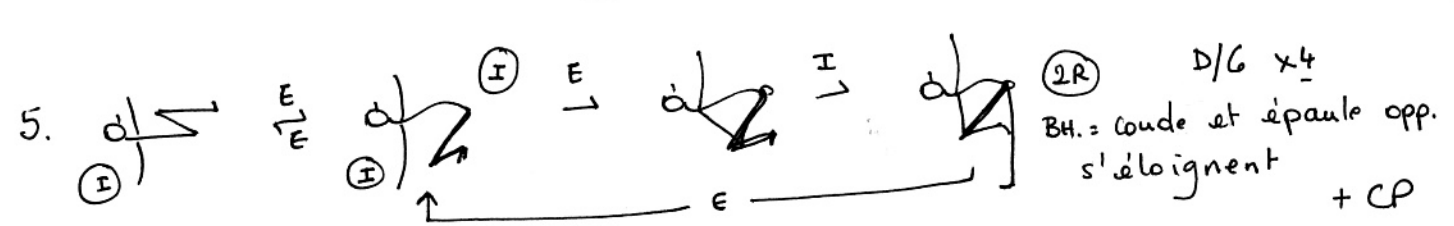
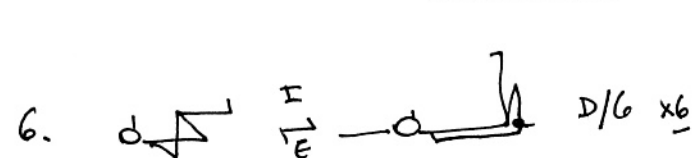
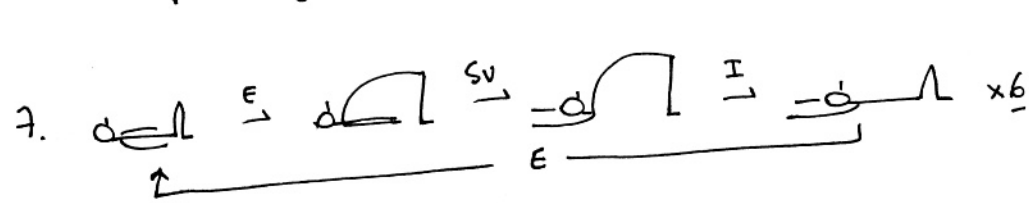
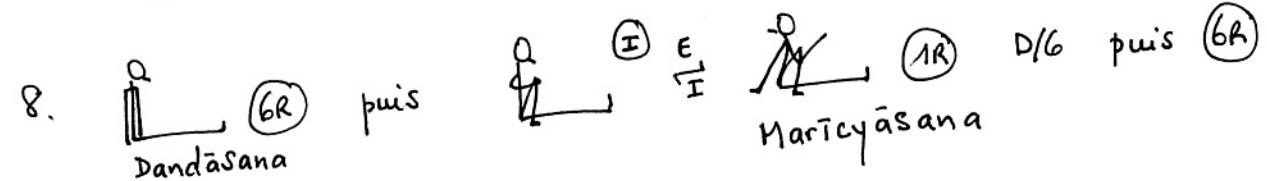
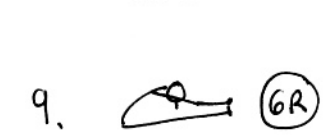
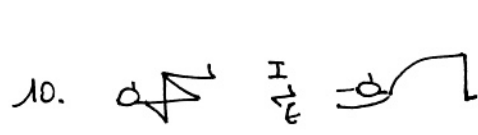

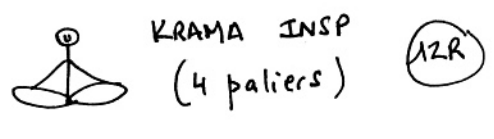


SEANCE 7 / JANV 21

BHAVANA = Allonger l'Exp, accueillir la suspension et avec, le silence

1.  2.  x6
3.  D/G x4
4.  D/G x4
5.  D/G x4
BH. = coude et épaule opp. s'éloignent + CP
6.  D/G x6
7.  x6
8.  D/G puis 1R
Marīcyāsana
9.  10. 
-  5'  KRAMA INSP (4 paliers) 12R