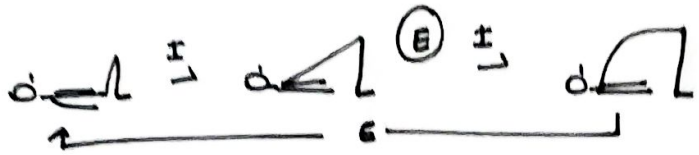
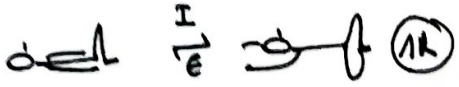
S3 SEANCE 7

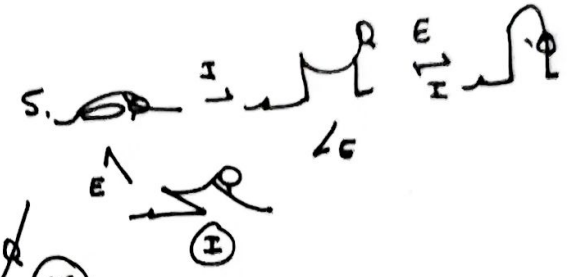
1.

BHĀVANA : Chercher Sukha dans les hanches grâce à la respiration et un Sourire intérieur

2. mvt libre pour explorer l'articulation des hanches

3. 

4. 

5. 

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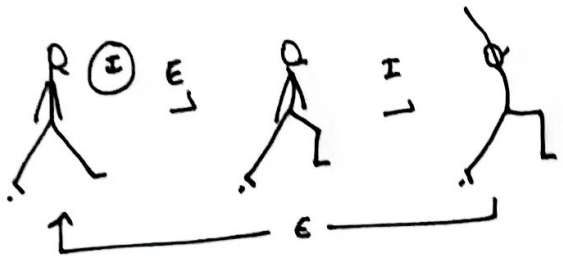
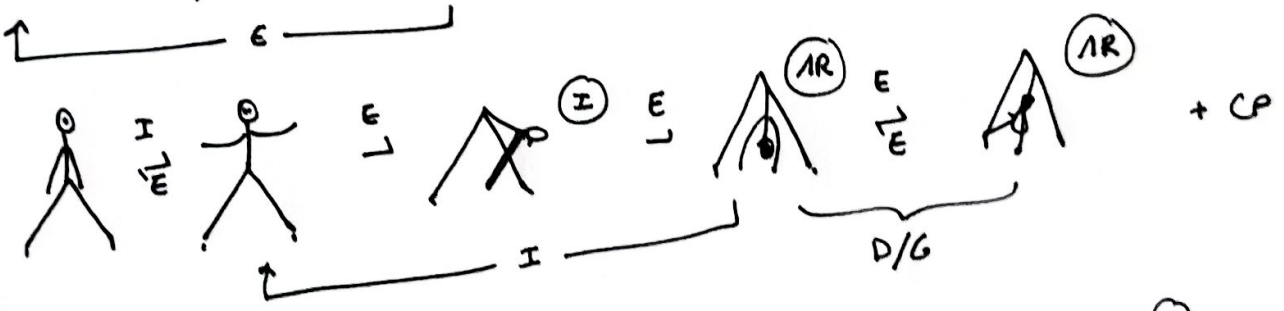
7. 

8. 

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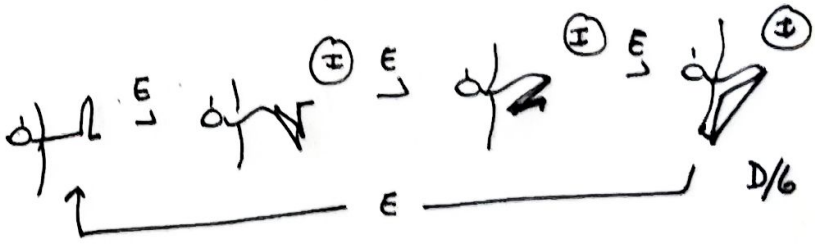
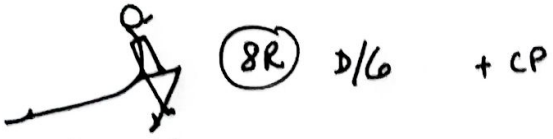
10. 

11. 

kapotasana

NADIŚODANA

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