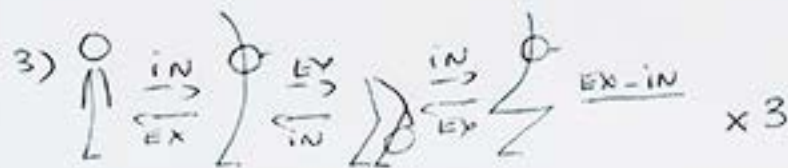
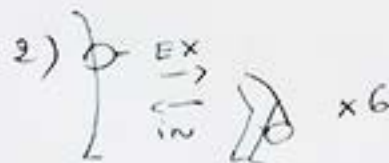


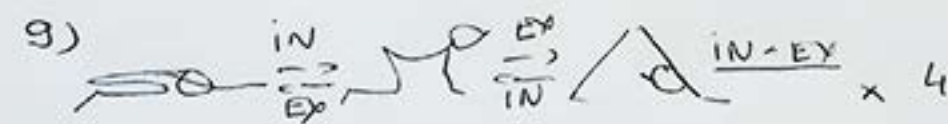
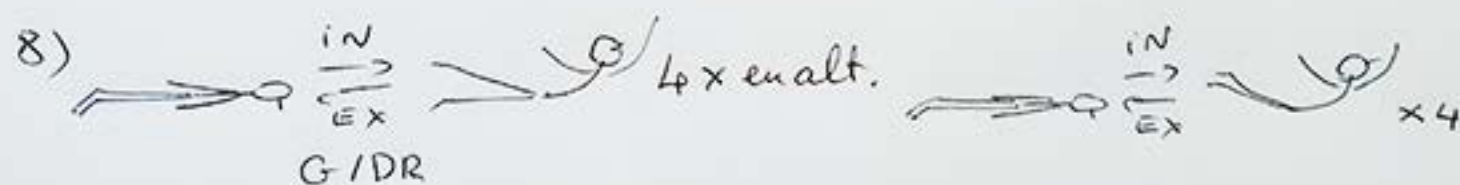
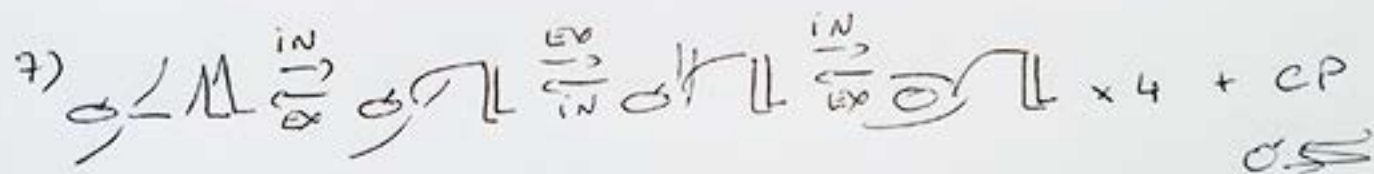
L'Aigle et la sauterelle.

28.4.2020

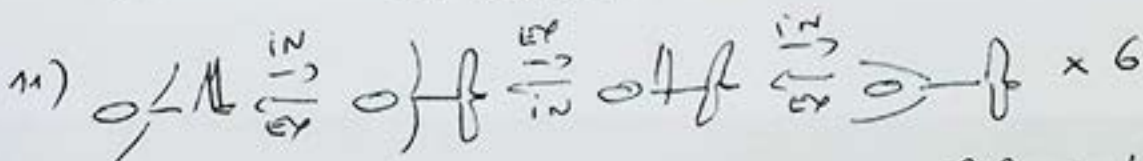
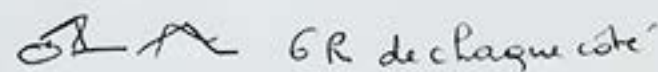
1) installer une respiration
consciente et régulière
(+ ujjayi).




5) L'Aigle - Garudaasana



10) L'Aigle allongé



 2 Respirations sur
chaque articulation -
Repos.