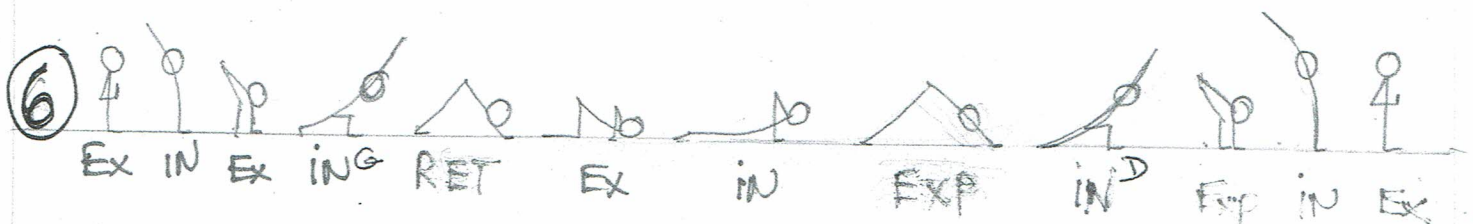
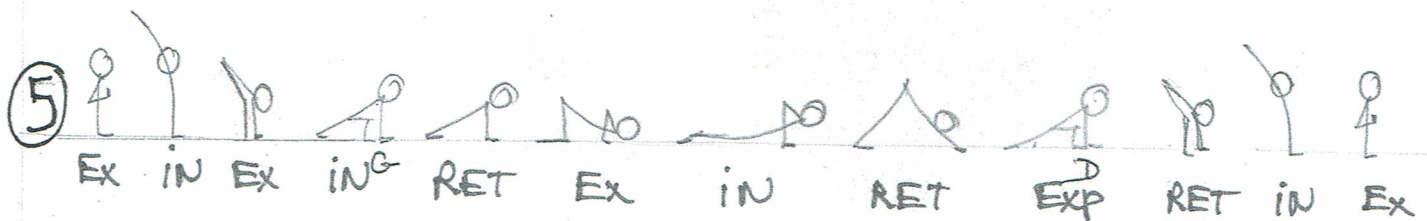
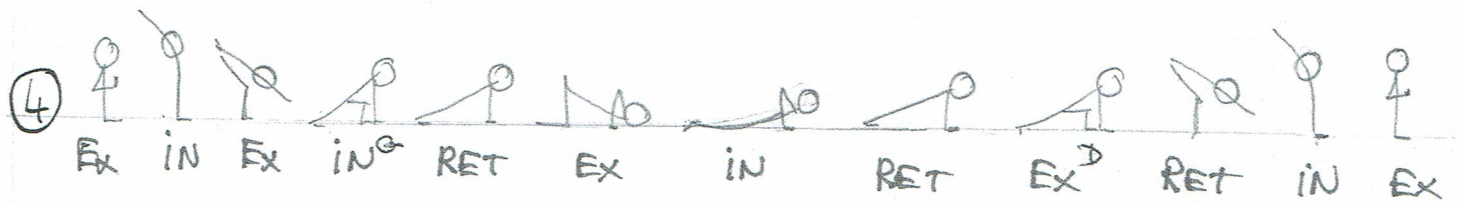
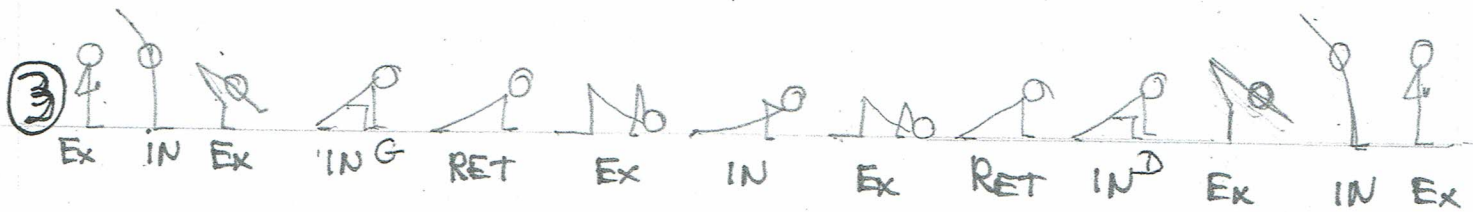
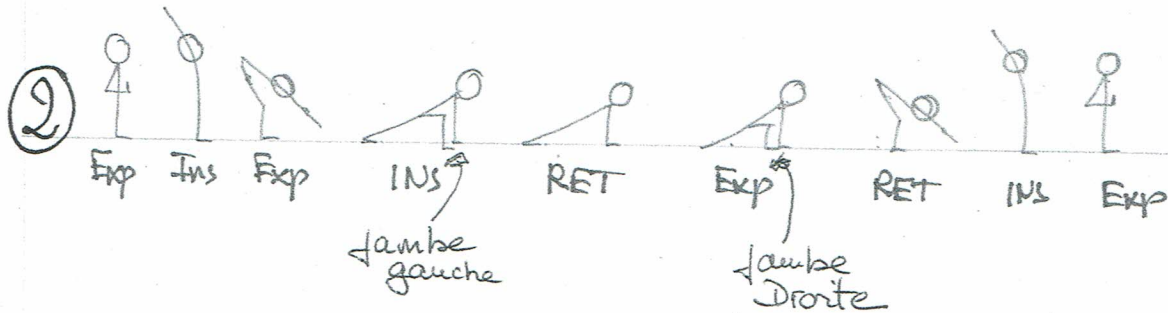
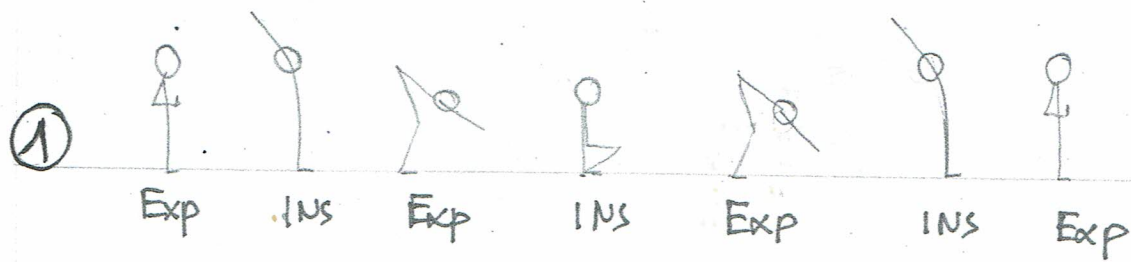


Salutation au soleil - Progression.

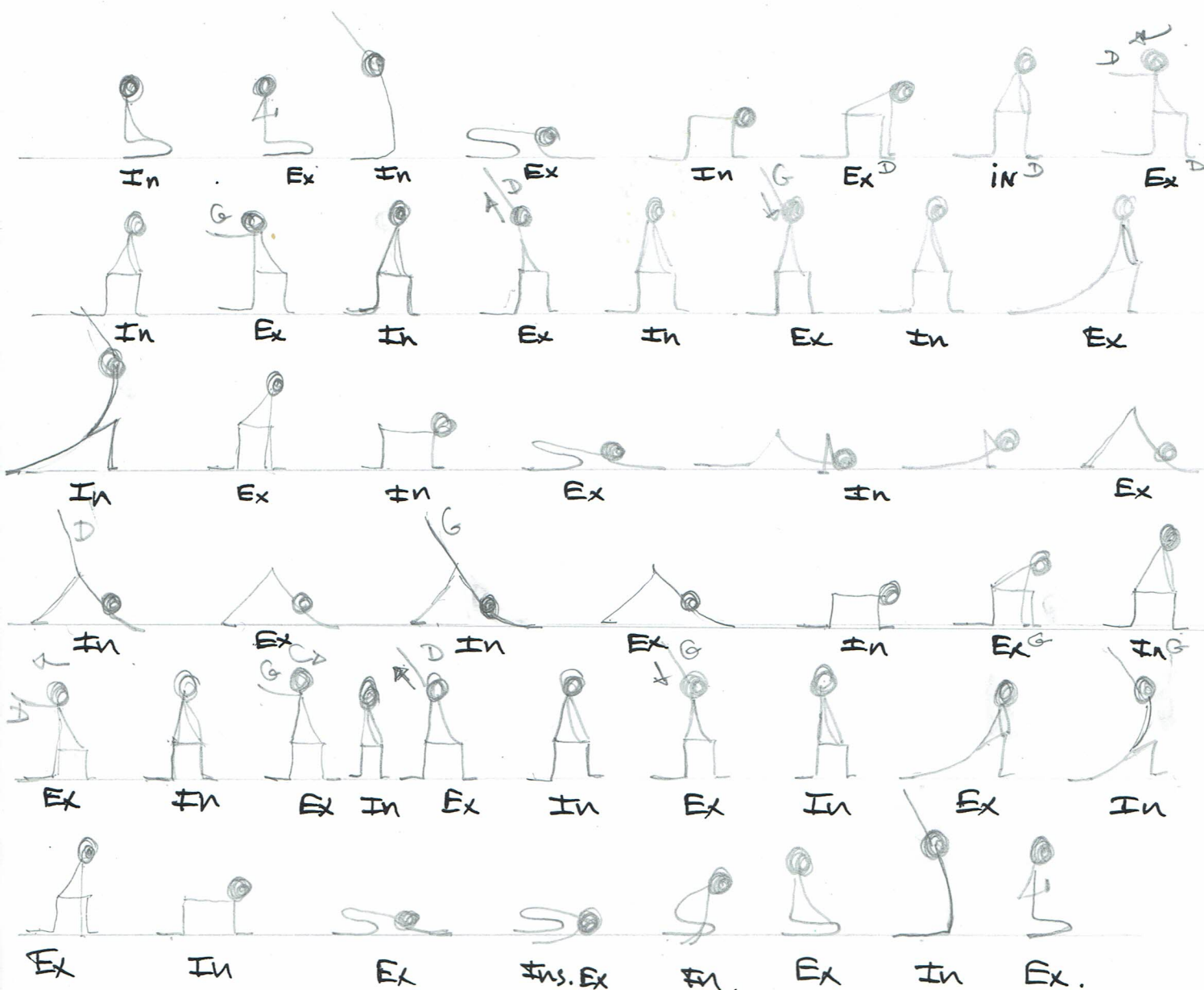


IN, INS = inspirer
Ex Exp = Expirer

RET = rétention du souffle

Salutation à la lune

(2)



In = inspirer

Ex = expirer.