



# La salutation au soleil

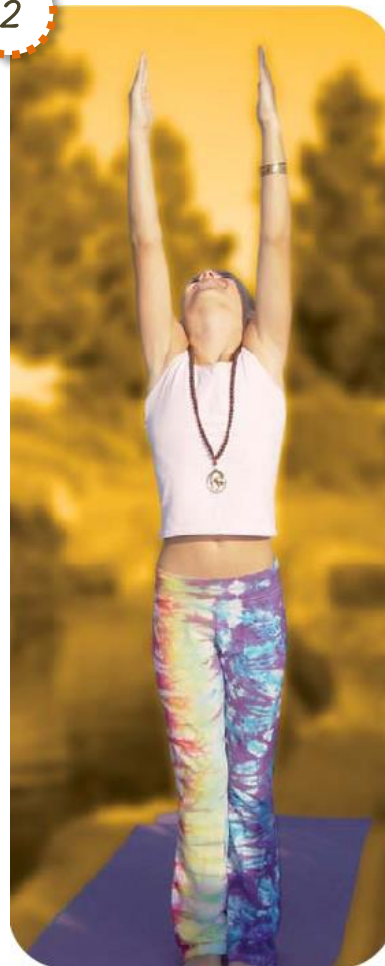
YOGA  
1

Inspirer

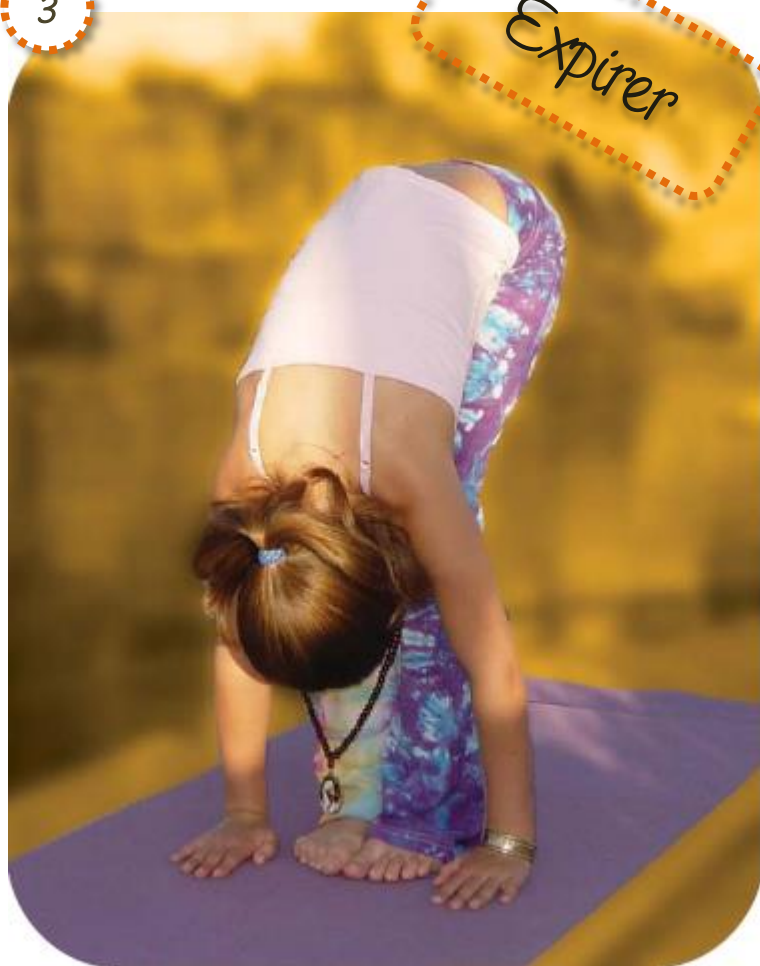
1



2



3

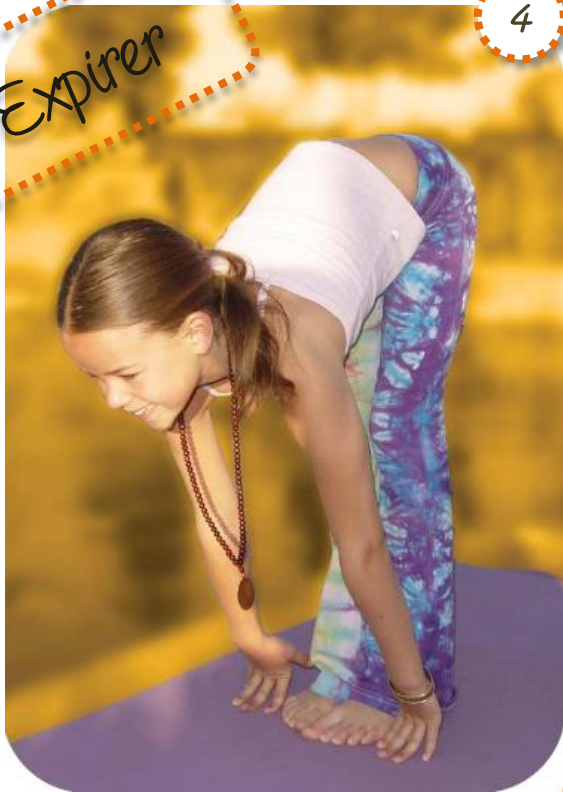


Expirer



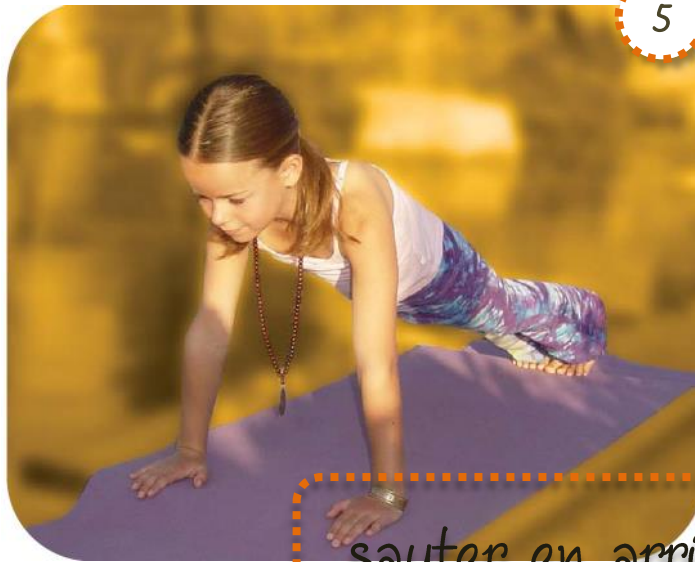
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Expirer



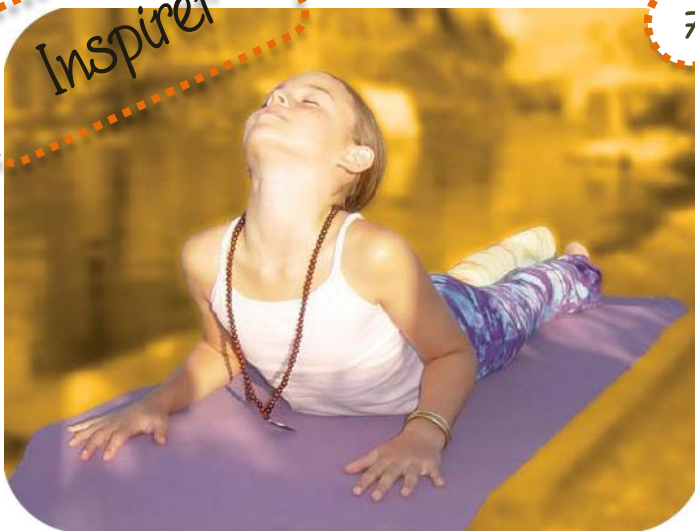
4

sauter en arrière



5

Inspirer



7

Expirer



6

YOGA

1

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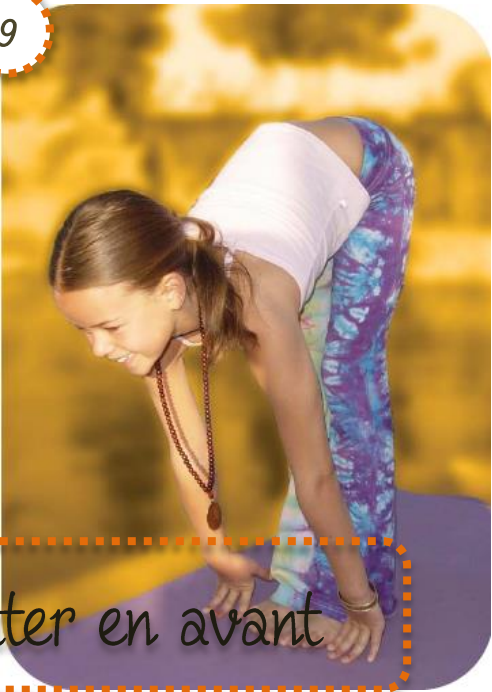


8



Expirer

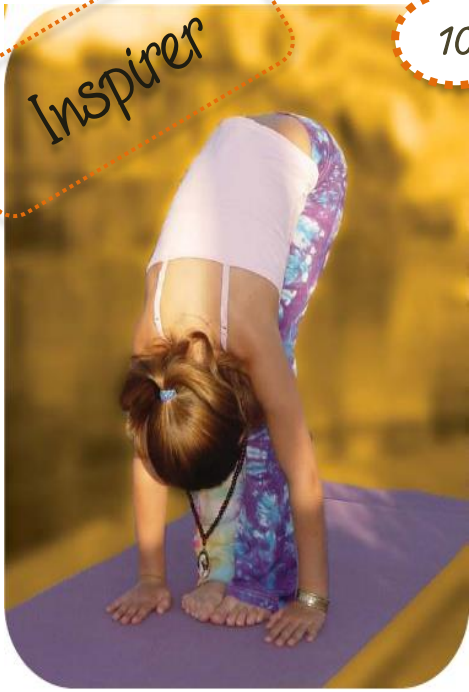
9



sauter en avant

Inspirer

10

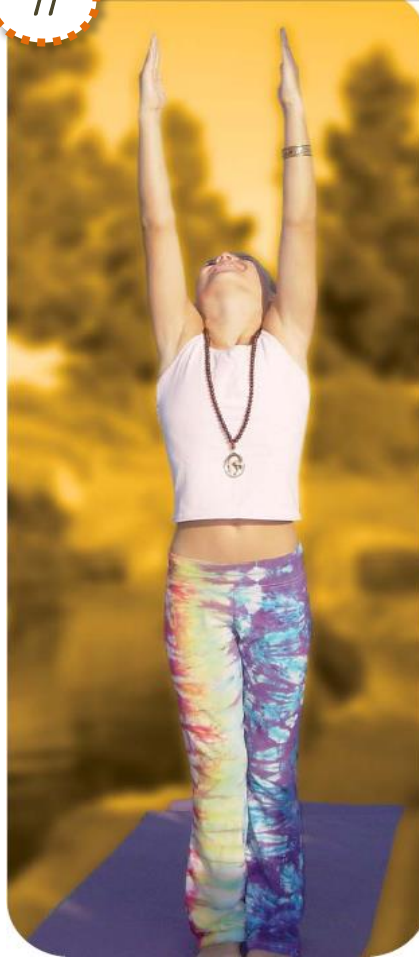




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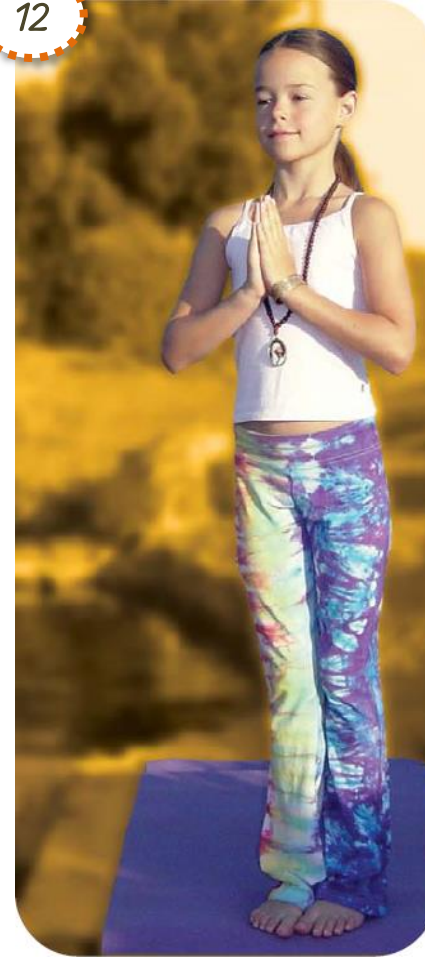
Inspirer

11



Expirer

12



YOGA

1