



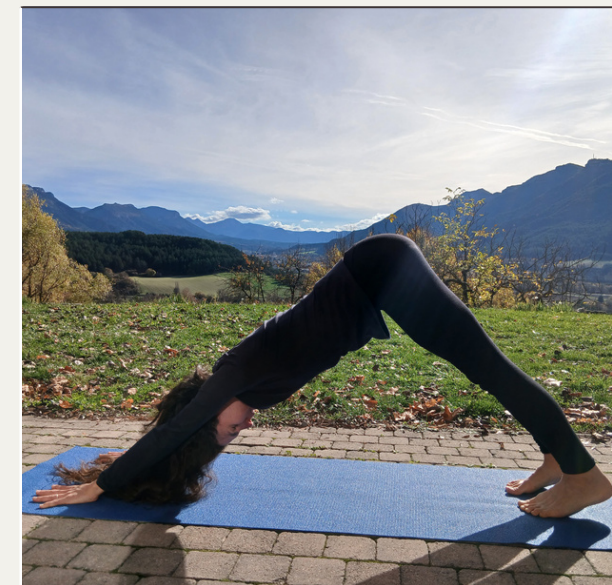
Sukhasana



Baddangulyasana



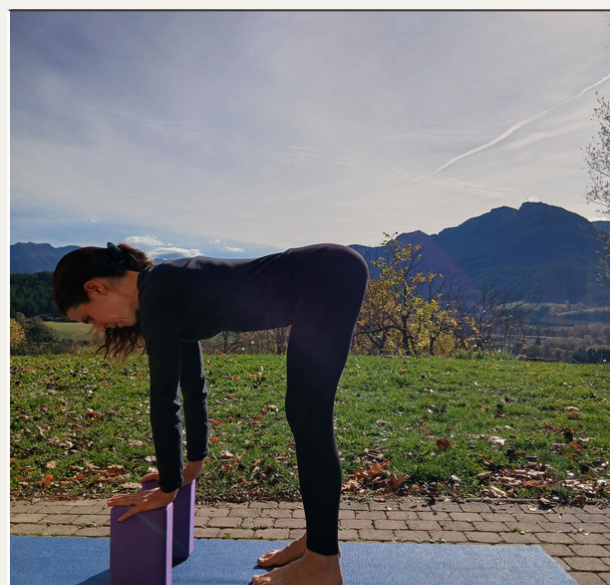
Adho Mukha Virasana



Adho mukha svanasana



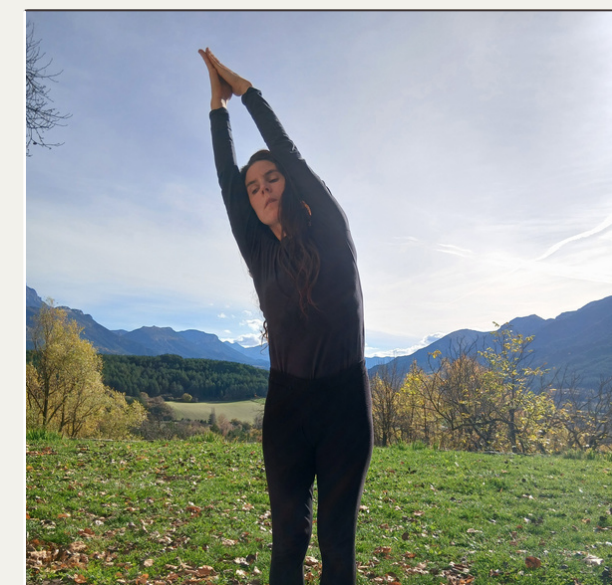
Baddangulyasana à
genoux



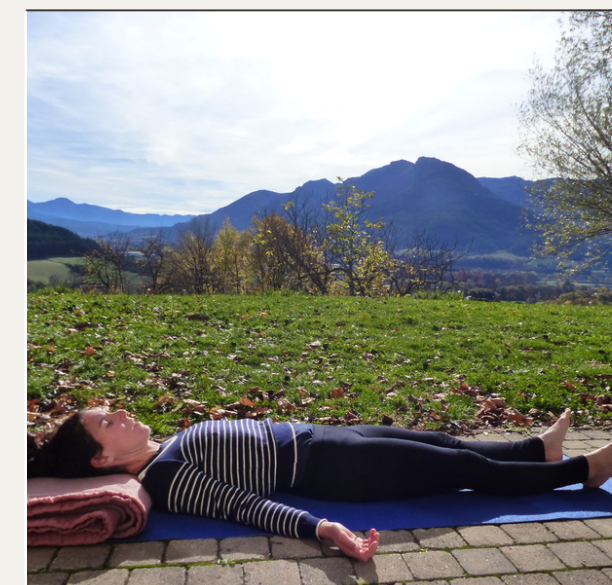
Ardha Uttanasana



Tadasana



Croissant de lune



Savasana

Mini 18

10 mn

2 blocs, 1-2 couvertures

*Je clique ou
je flashe*

