

Salut au Soleil

ॐ surya namaskar



11- Grande parabole
inspire



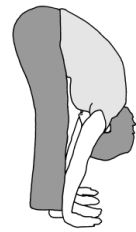
12- Montagne
expire et inspire



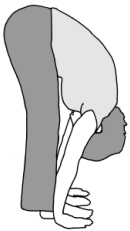
1- Namaskar
expire



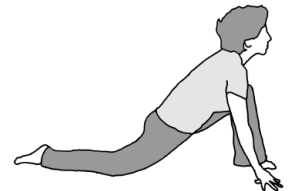
2- Petite parabole
inspire



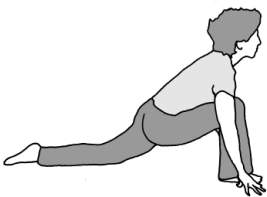
3- Pince debout
expire



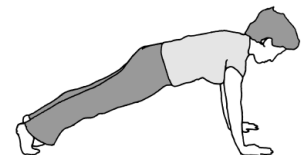
10- Pince debout
expire



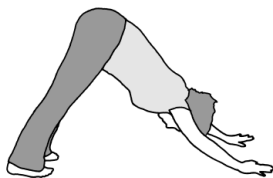
4- Coureur (droite derrière)
inspire



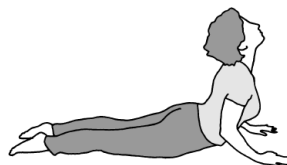
9- Coureur (droite devant)
inspire



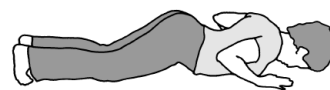
5- Plan incliné
retiens



8- Chien vers le bas
expire



7- Cobra
inspire



6- Salut à 8 points
expire