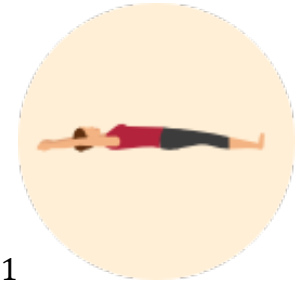
YOGA AU REVEIL – 10-15 MINS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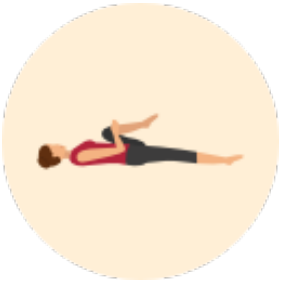
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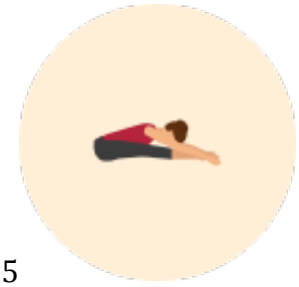
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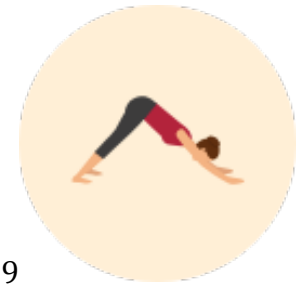
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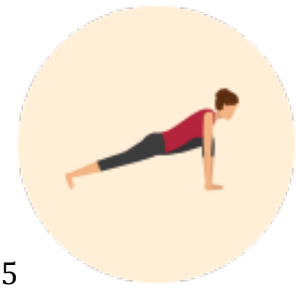
15

16

Répétez la séquence de 9 à 16 pour le côté et la jambe gauches

17

18

19

20[1]

Terminez votre pratique par une affirmation positive.
Souriez. Namasté et Bonne journée.

[1] All images are designed by Roundicons https://roundicons.com/ from Flaticon https://flaticon.com/