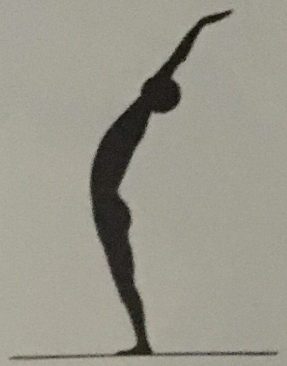
RESUME DE LA SALUTATION AU SOLEIL AVEC RESPIRATION

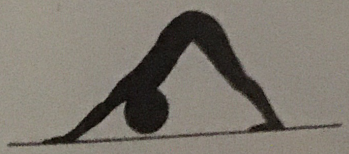
1
EXPIRER



2
INSPIRER

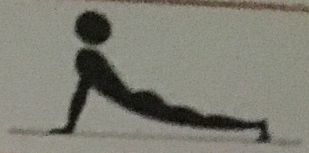
3
EXPIRER

4
INSPIRER

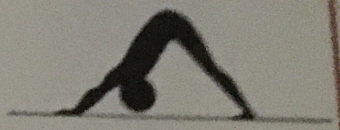


5
STOP

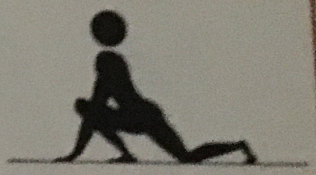
6
EXPIRER



7
INSPIRER

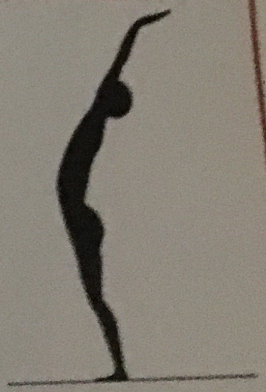


8
STOP

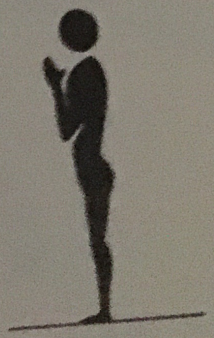


9
STOP

10
EXPIRER



11
INSPIRER



12
EXPIRER