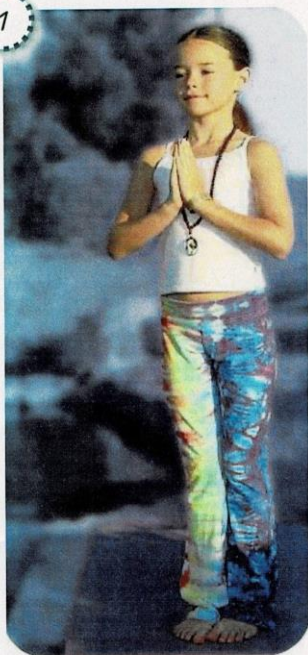


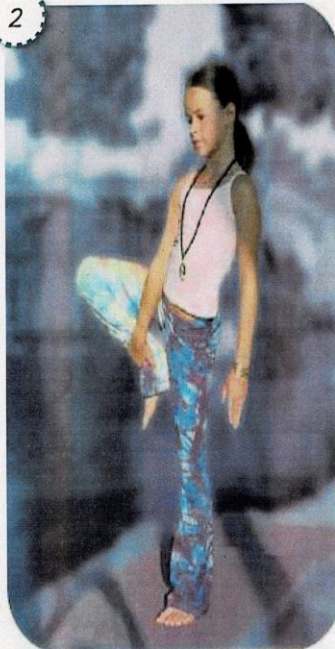
La posture de l'arbre



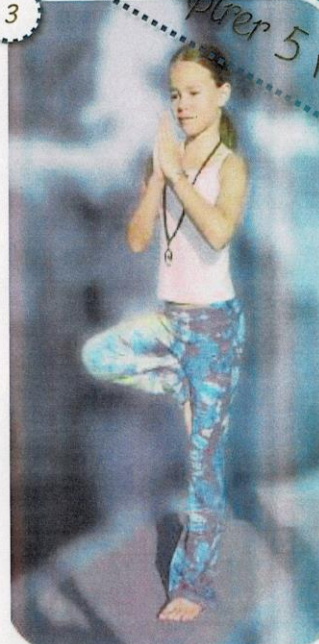
1



2



3



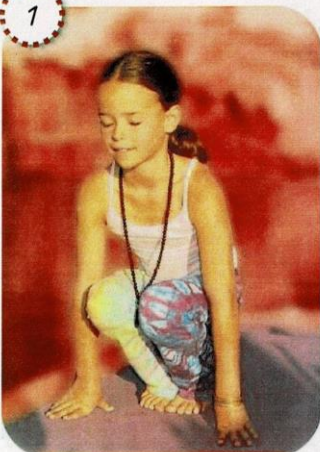
Inspirer, expirer 5 r



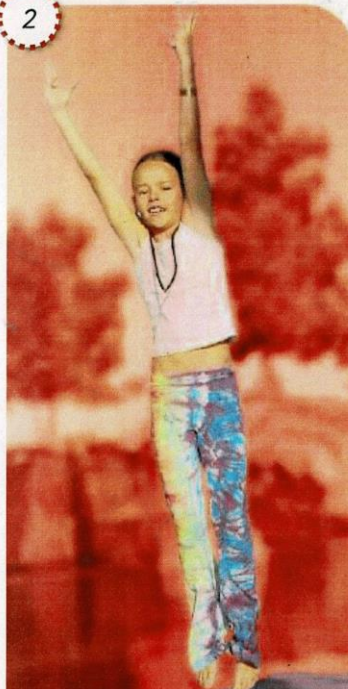
Le saut du kangourou



1



2



3

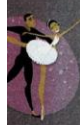


Inspirer, sauter

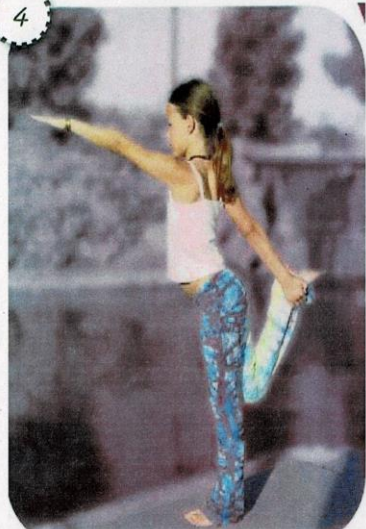
Expirer



La posture du danseur

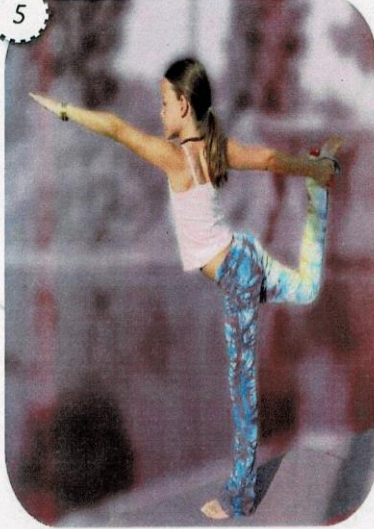


4



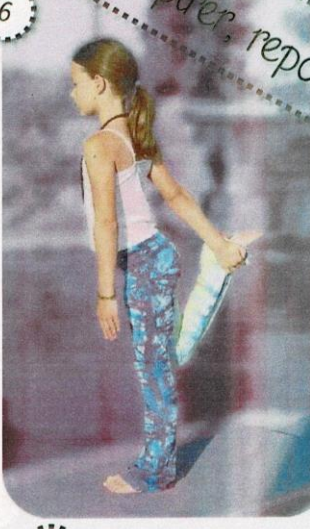
Inspirer, lever bras

5



Expirer, lever cheville

6



Inspirer, repo

7

Recommence  
de  
l'autre côté