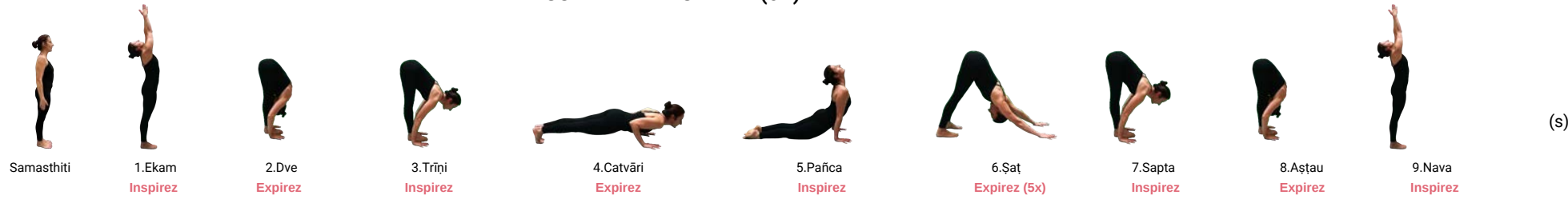


SURYA NAMASKAR A (5X)

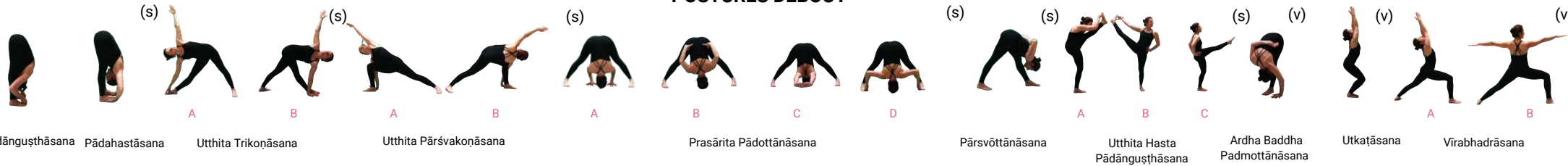
(s) : samasthiti
(v) : vinyasa
(c) : chakrasana



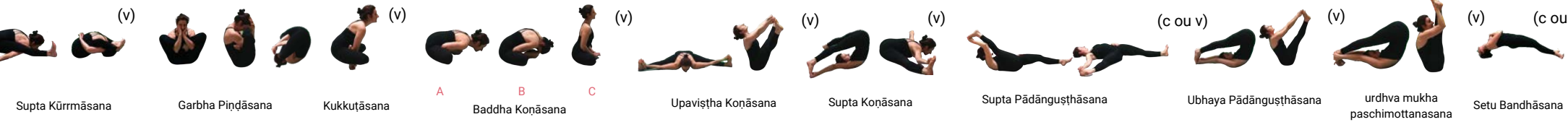
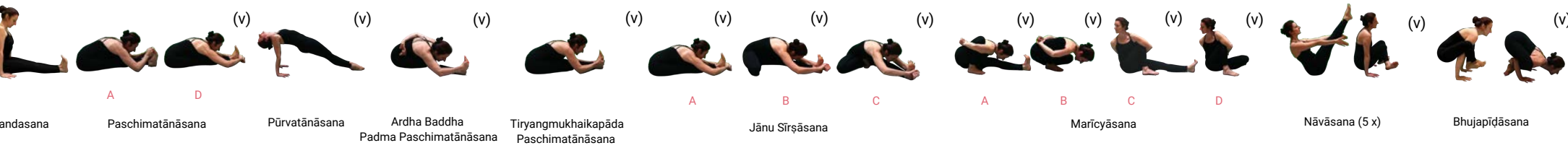
SURYA NAMASKAR B (3 OU 5X)



POSTURES DEBOUT



POSTURES ASSISES



POSTURES DE FIN

