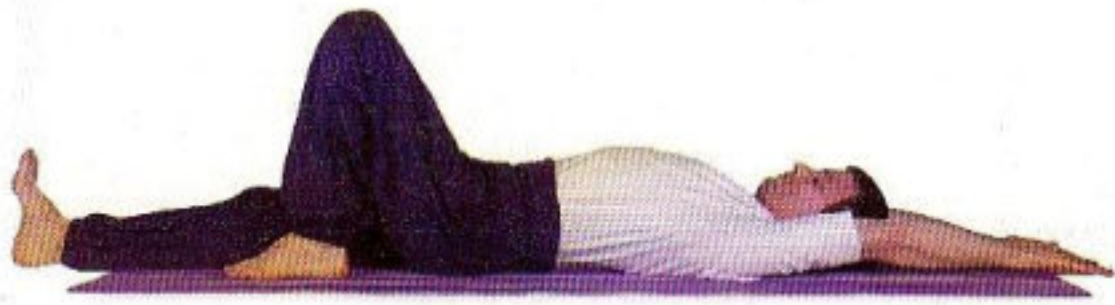
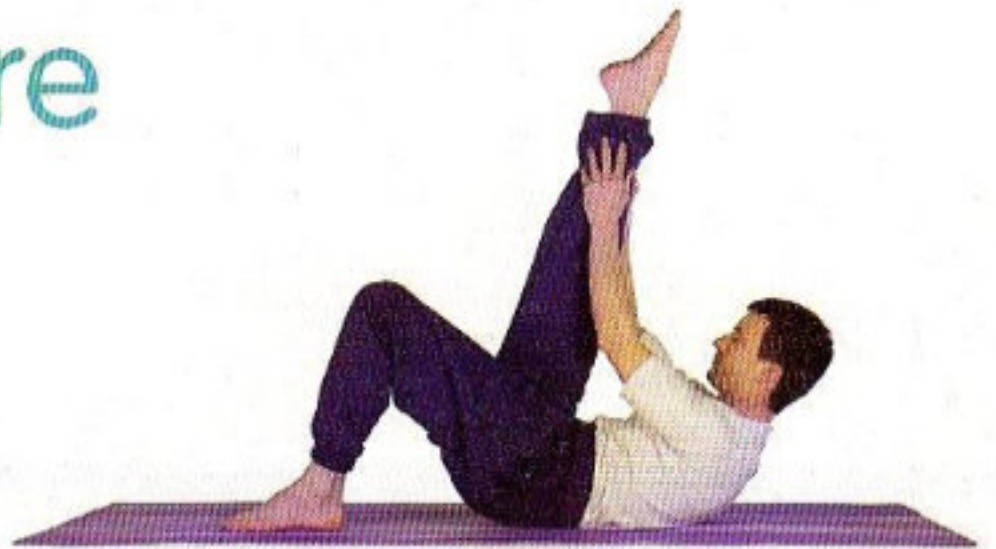


# Salutation à la Terre



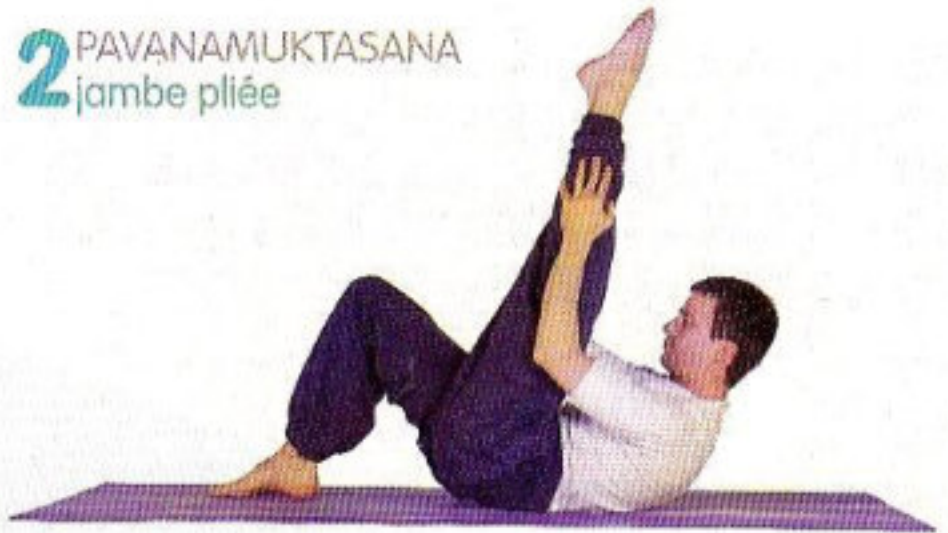
1 jambe droite allongée au sol



2 PAVANAMUKTASANA  
jambe pliée



3 jambe gauche  
allongée au sol



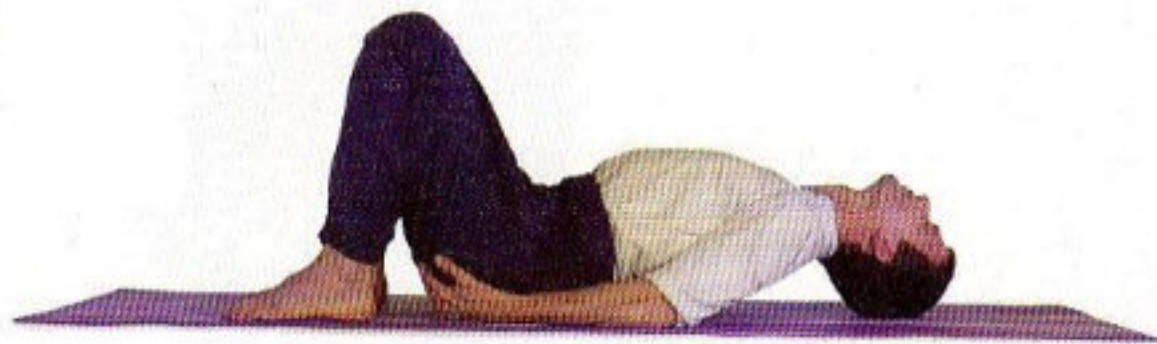
4 PAVANAMUKTASANA  
jambe pliée



5 étirement de tout le corps



6 HALASANA  
la Charrue



7 MATSYASANA  
le Poisson



8 SETHU BANDHA  
le Demi-Pont



9 CAURANGYASANA  
la torsion allongée



10 CAURANGYASANA  
la torsion allongée

esprit YOGA