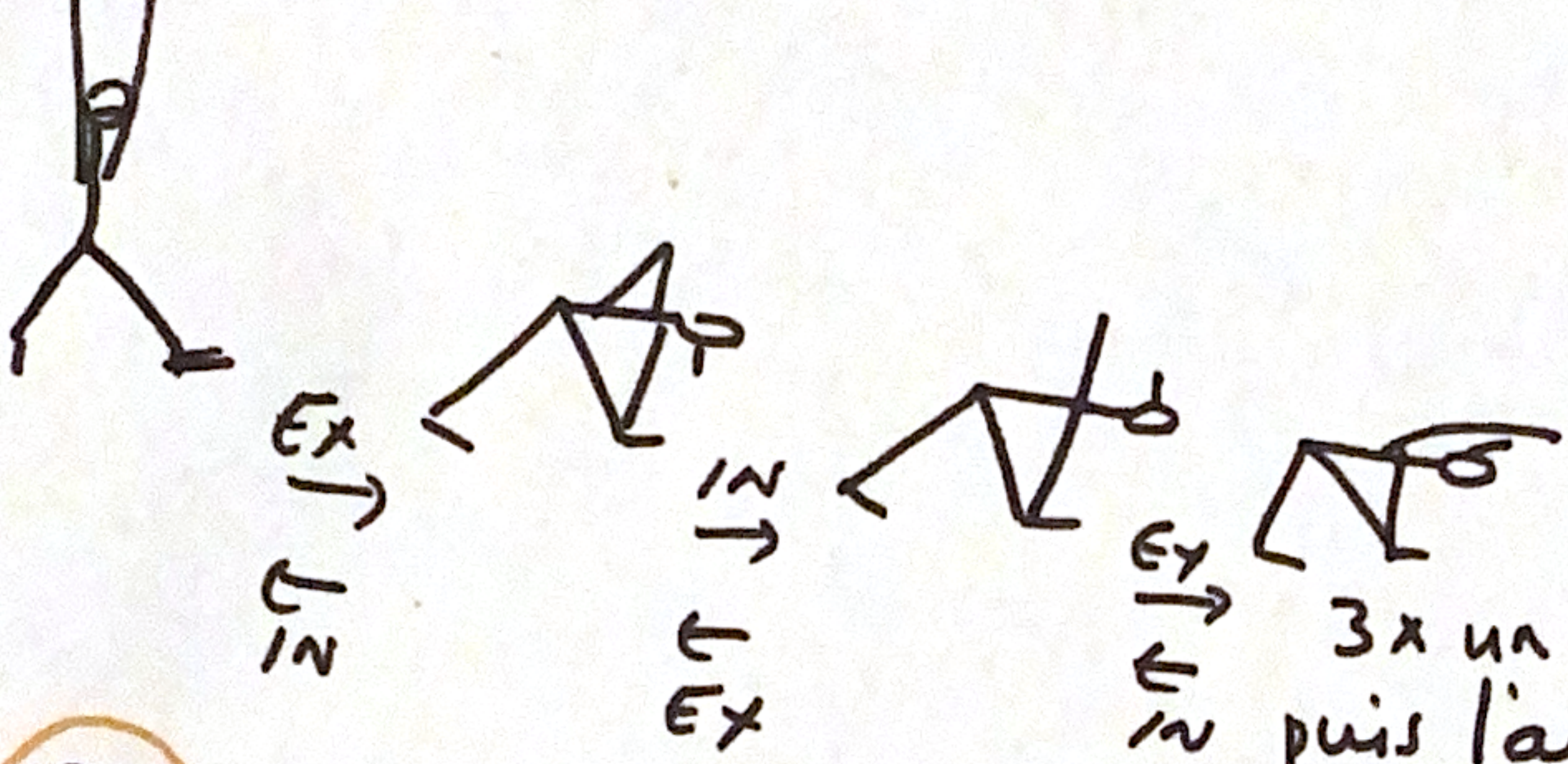


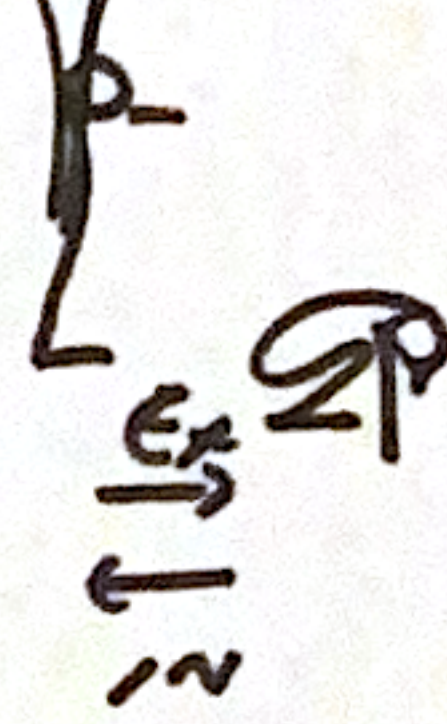
Après les fêtes

Holi 25-26

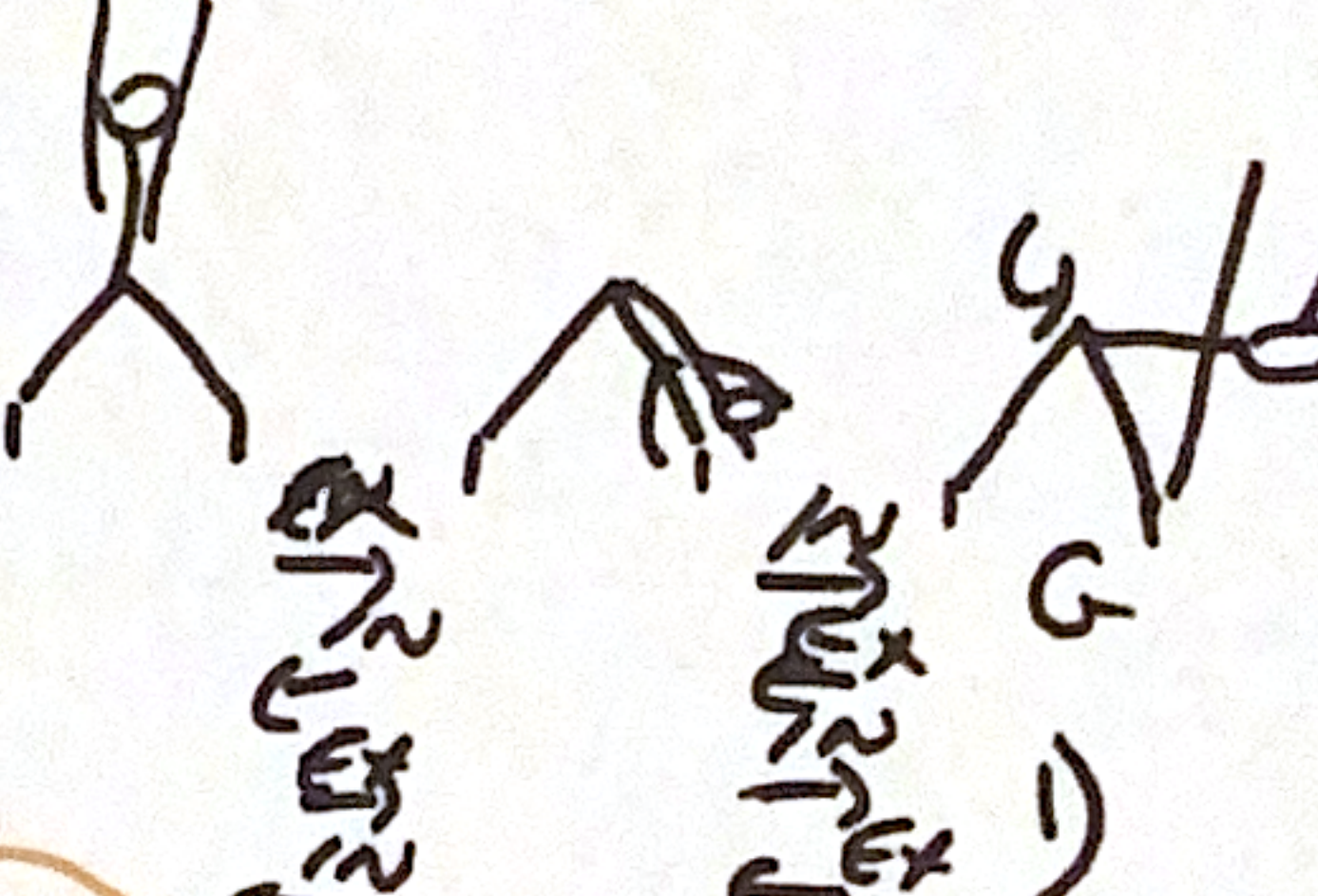
1)  Kapalabhati.
 - NO avec bras tendus
 - NG
 - 2 N

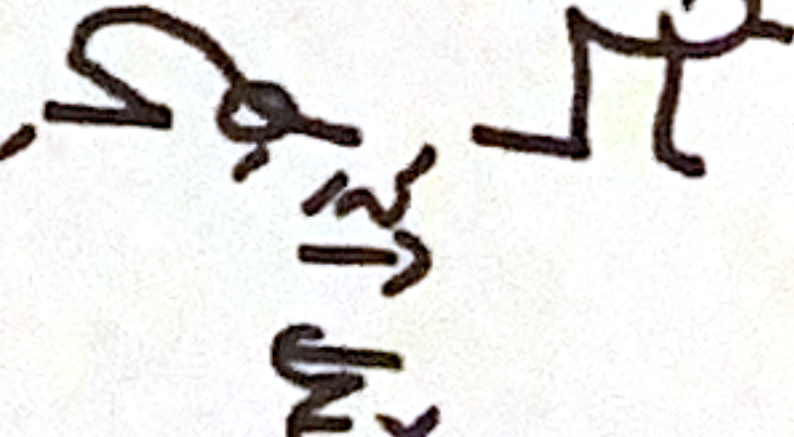
2) Surya namaskar avec les syllabes de fin

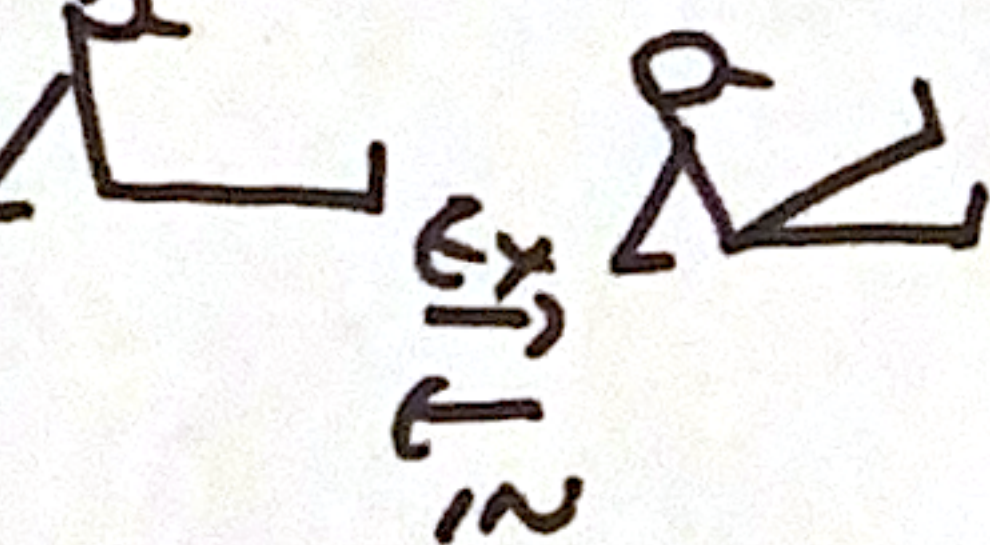
3) 
 Ex, IN, IN, Ex, Ex, IN, 3x un côté puis l'autre

4)  4x

5)  6R un côté puis l'autre

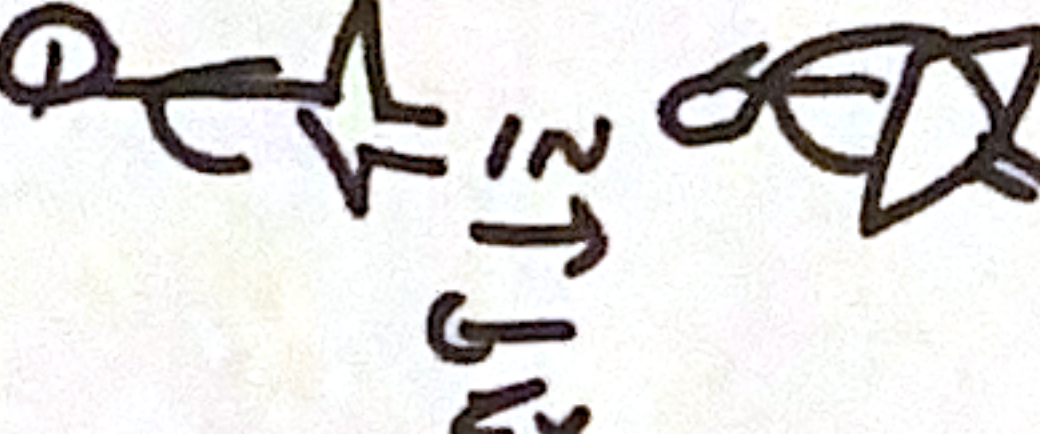
6) 
 2x IN, 2x Ex, 1x IN, 1x Ex

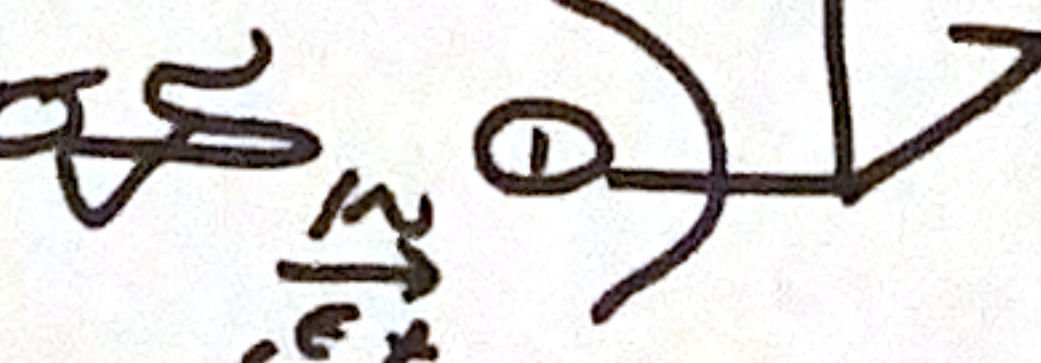
7)  Ex

8)  Ex, IN

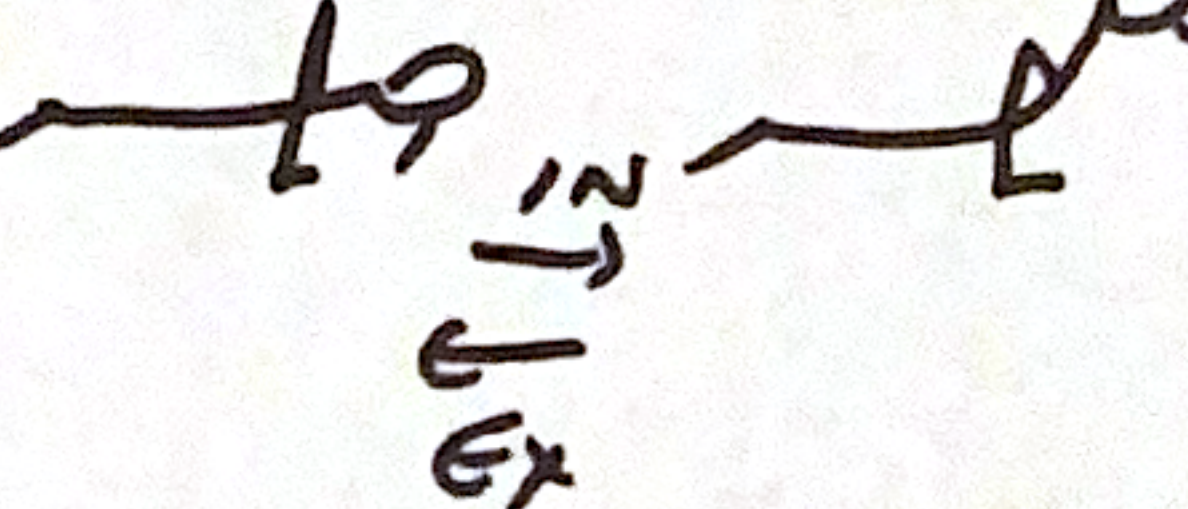
9)  8R un côté puis l'autre

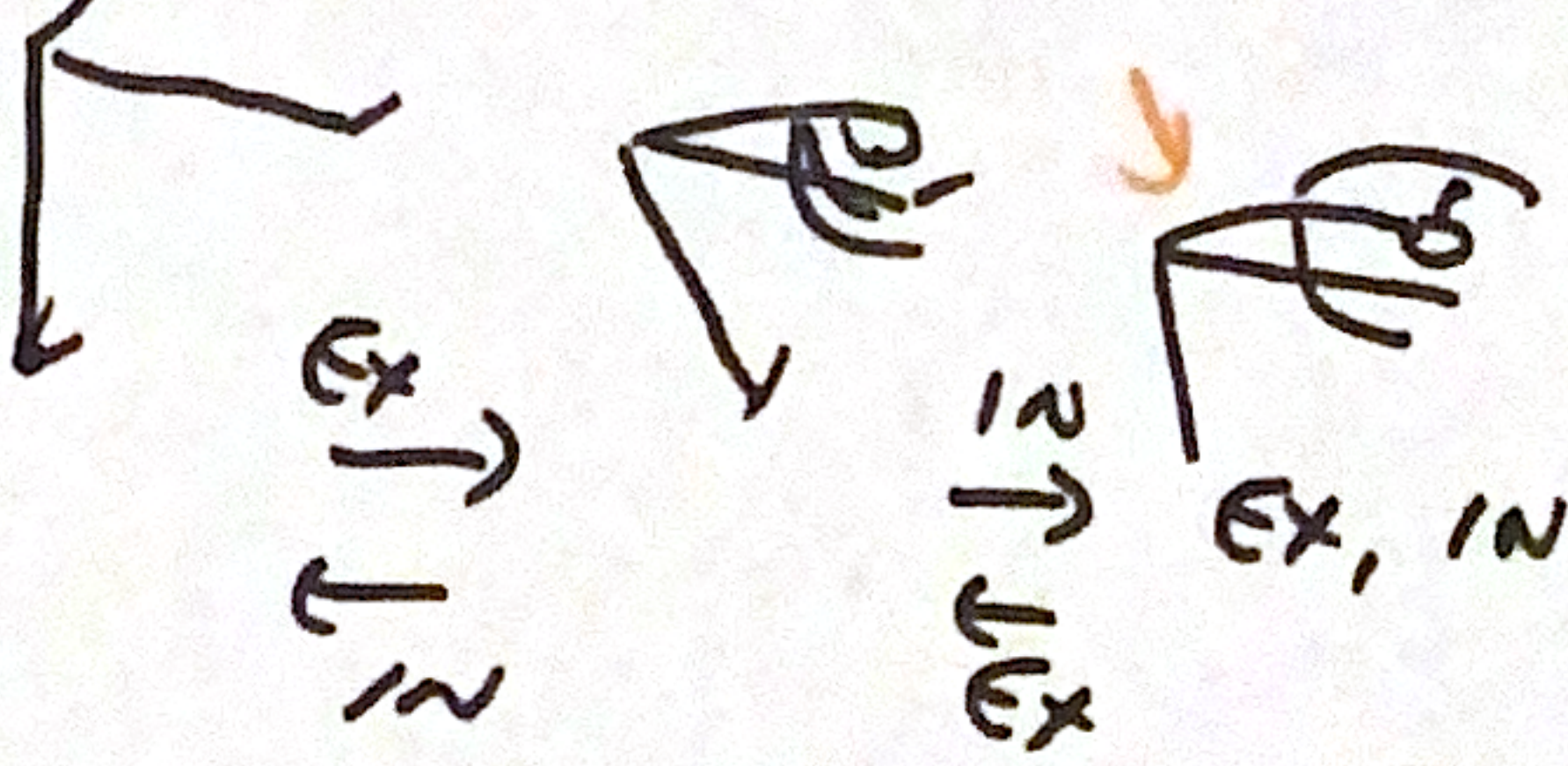
10)  8R + Kapalabhati

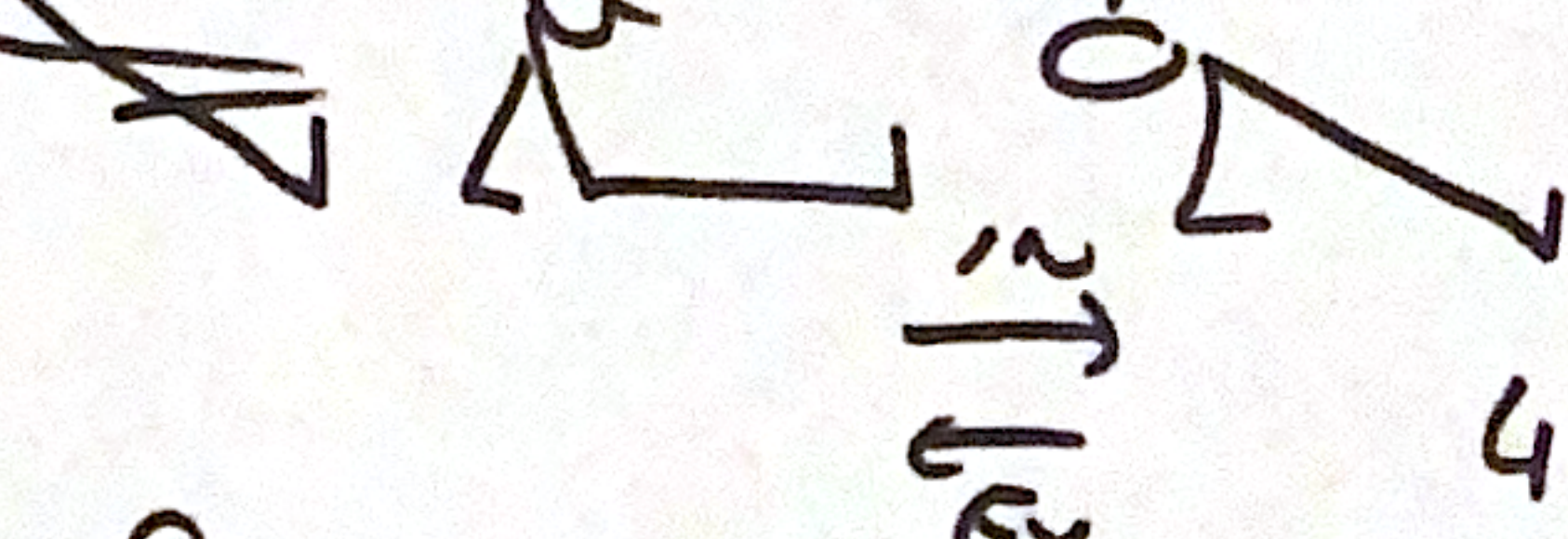
11)  IN, Ex

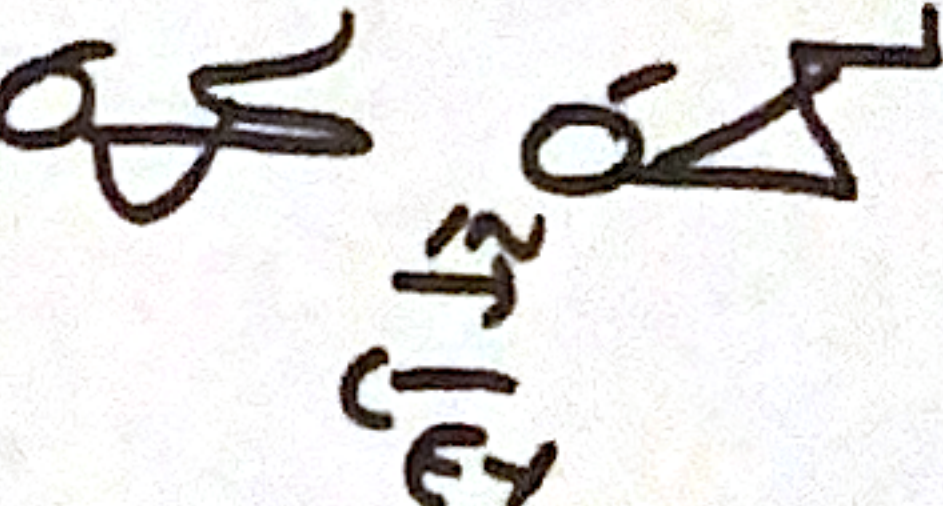
12)  IN, Ex

13)  8R un côté puis l'autre

14)  IN, Ex

15) 
 Ex, IN, 5x un côté puis l'autre

16)  4x

17)  4x

18)  Surya bedhane