


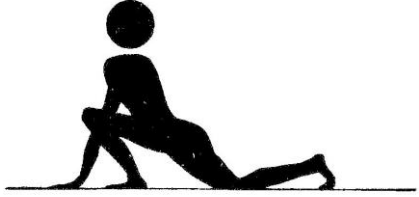




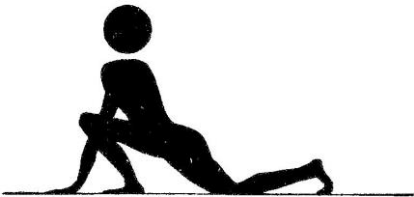

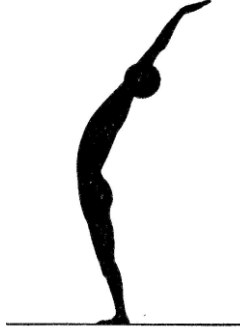


Suryanamaskar : la salutation au soleil

<p>1. EXPIRER <i>Tadasana</i></p>		<p>2. INSPIRER <i>Urdhva Hastasana</i></p>	
<p>3. EXPIRER <i>Uttanasana</i></p>		<p>4. INSPIRER</p>	
<p>5. EXPIRER <i>Adho Mukha Svanasana</i></p>		<p>6. <i>Caturanga dandasana</i></p>	
<p>7. INSPIRER <i>Urdhva Mukha Svanasana</i></p>		<p>8. EXPIRER <i>Adho Mukha Svanasana</i></p>	
<p>9. INSPIRER</p>		<p>10. EXPIRER <i>Uttanasana</i></p>	
<p>11. INSPIRER <i>Urdhva Hastasana</i></p>		<p>12. EXPIRER <i>Tadasana</i></p>	