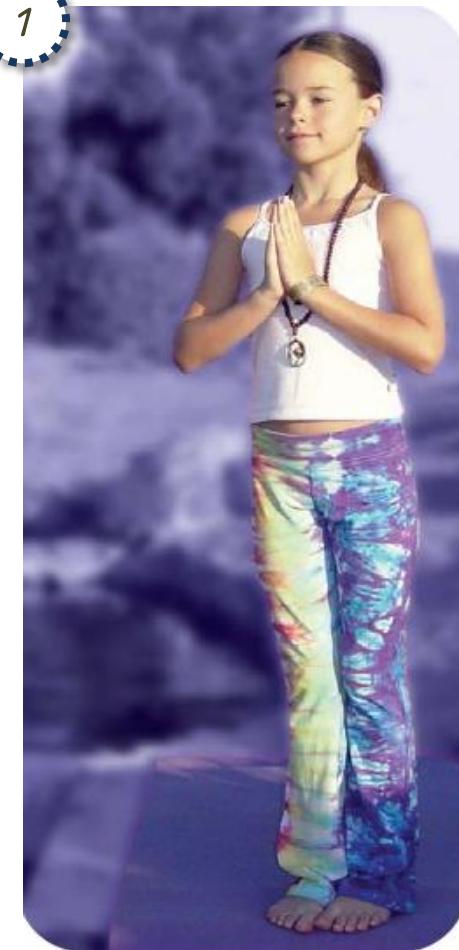


La posture de l'arbre

YOGA
6



1



2



3

Inspirer, expirer 5 fois

