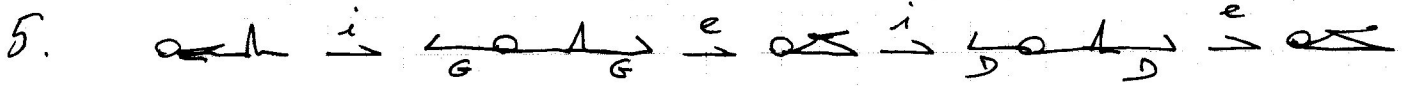
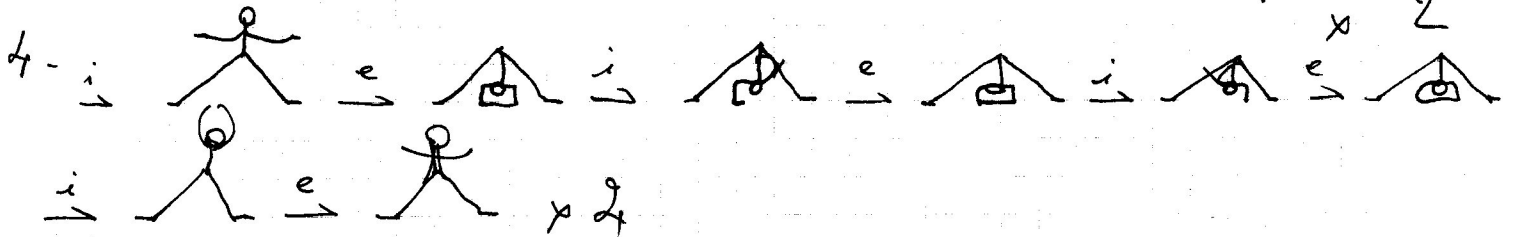
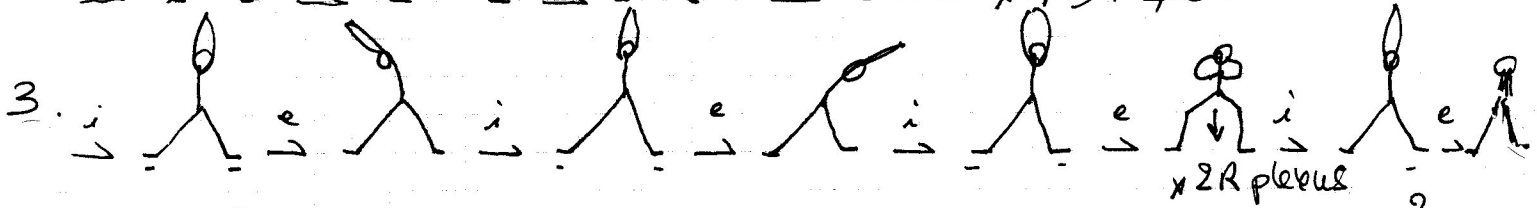
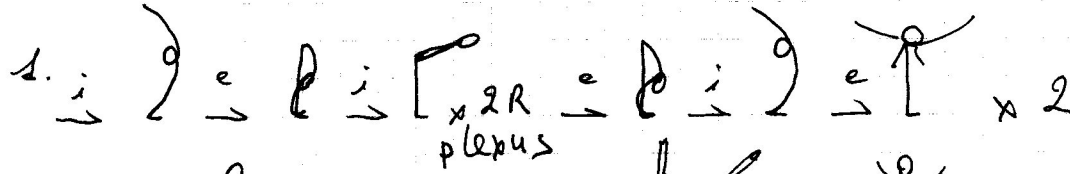
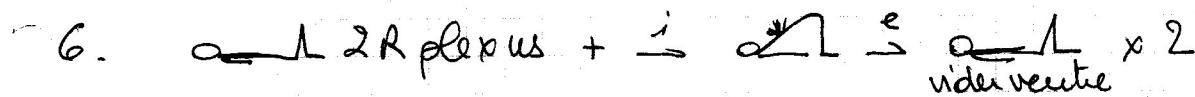


"Dé tendre pour mieux libérer"

Postures



$\times 4$ expir = vider le ventre au niveau estomac



$\times 2$ vider ventre + ramener les bras en dernier recommencer l'enchaînement au moins une fois.

