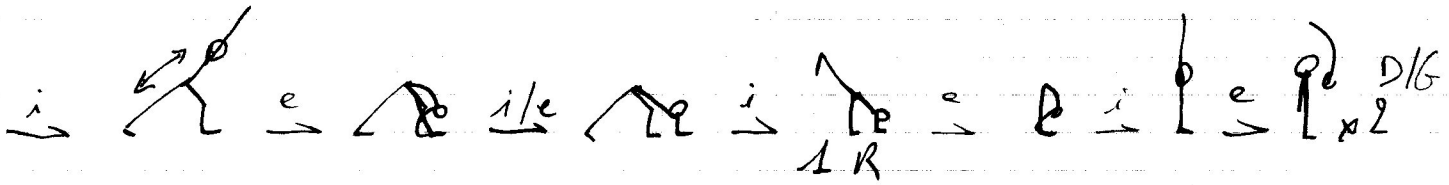
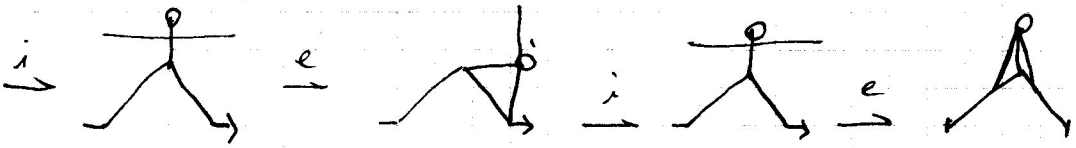
Séance n° 16.

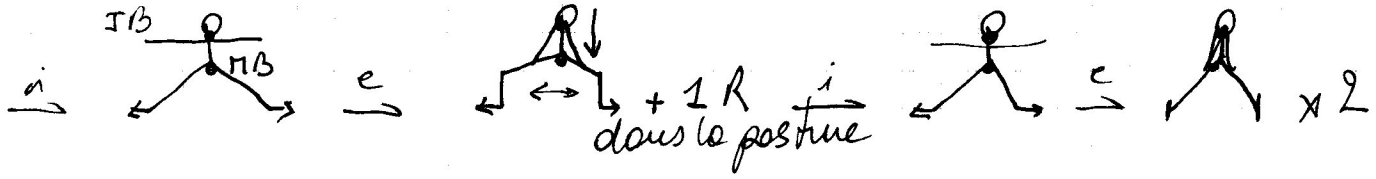
Gérer l'inconstance

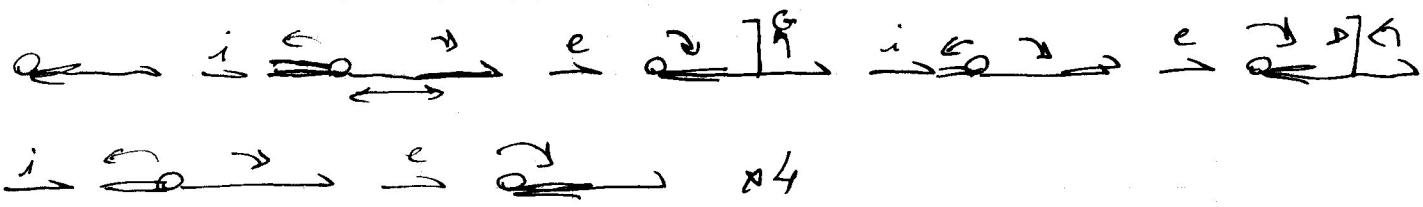
Postures

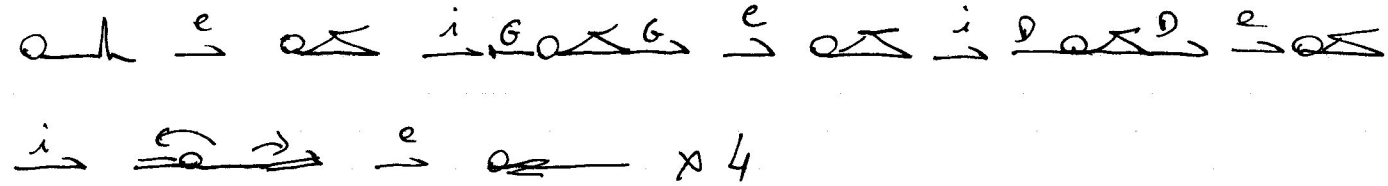
1.

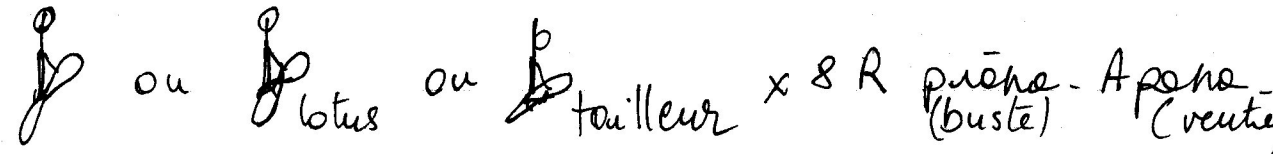
2. 

3. 

4. 

5. 

6. 

7. 

IB = Jalandharabandha MB Mulabandha