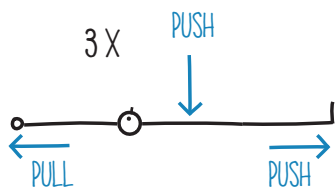
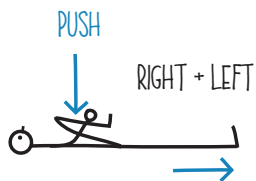


SERIES "TERMINATOR" (15 MINUTES)

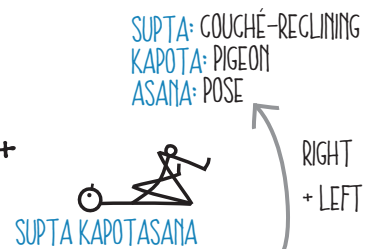
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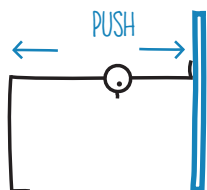
+



+



2.



3.



OPTION

UTTHITA ASHA SANCHALANASANA



OPTION

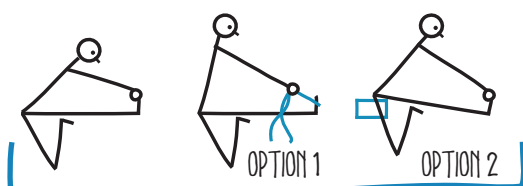


UTTHITA: ETIRÉ-STRETCHED
ASHWA SANCHALA: LE CAVALIER-HORSE RIDING
ASANA: POSE

RIGHT + LEFT



4.



MAHA MUDRA

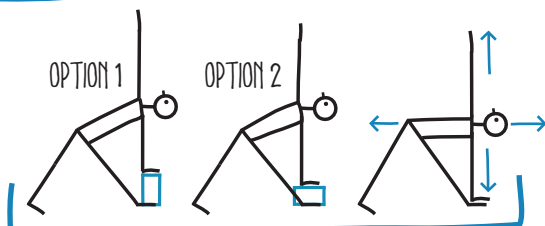
MAHA: GRAND-GREAT
MUDRA: GESTE-GESTURE



JANU SIRSASANA

JANU: GENOU-KNEE
SIRSA: TÊTE-HEAD
ASANA: POSE

EXTRA

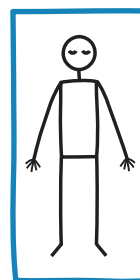


UTTHITA TRIKONASANA

ETIRÉ - STRETCHED

TRI: 3
KONA: ANGLE
ASANA: POSE

5.



SAVASANA