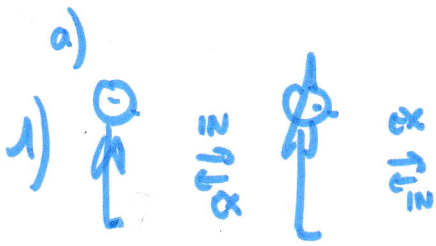
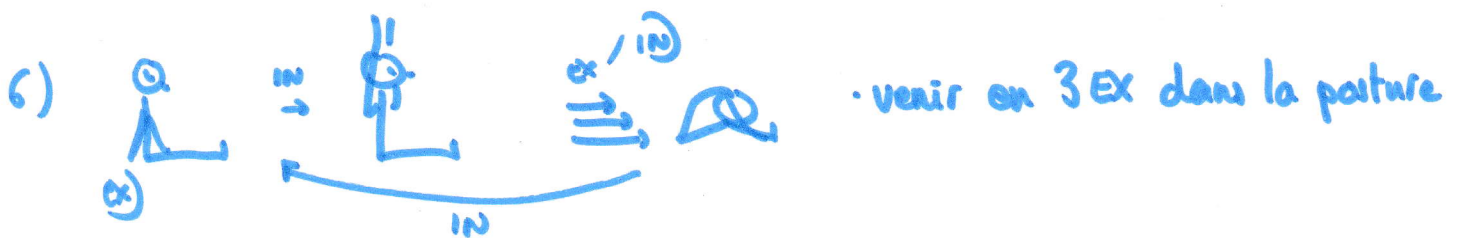
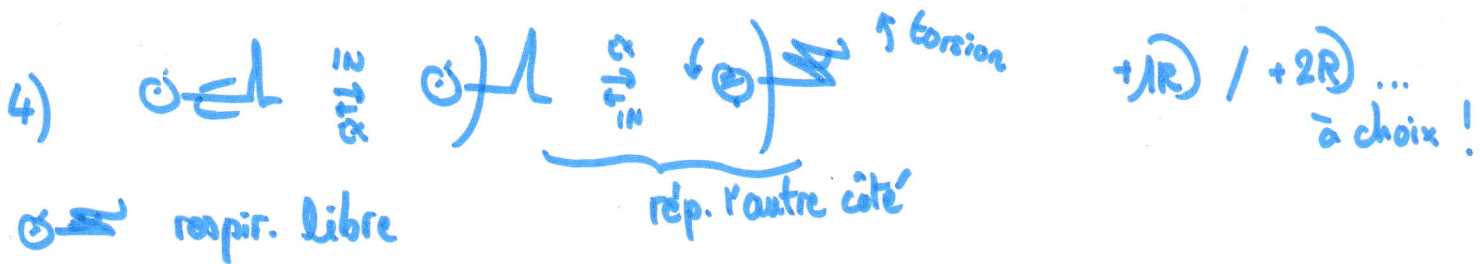
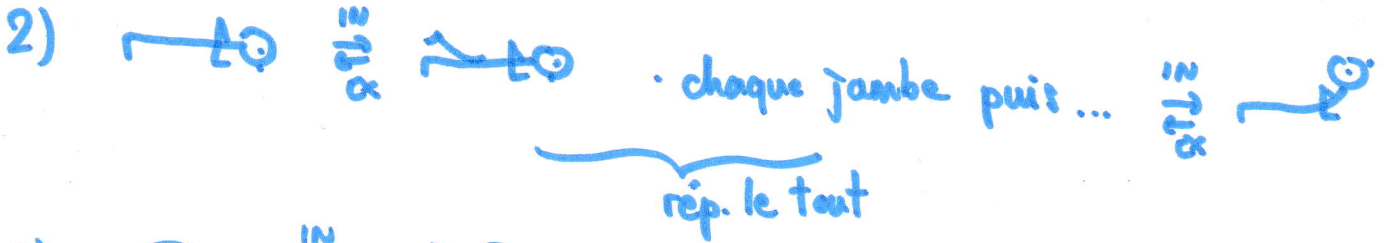
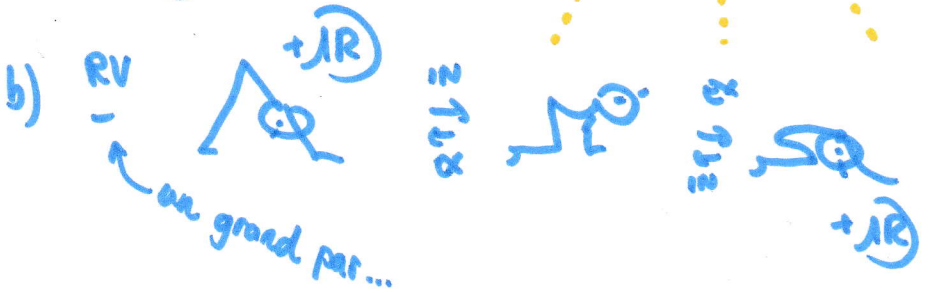



été 2021



· adapter !



- 7)  · regard bienveillant sur le corps
- installer ujjayi
- 6R Shitali puis 6R narine alternée à l'EX
- retrouver ujjayi puis respiration libre, gratitude!