

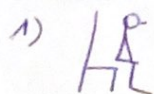


A WAY TO HARMONY

Badot Aurélie

Note  
Enchaînement yoga

A Way To Harmony  
By BADOT Aurélie



1) Doucement s'incliner confortablement

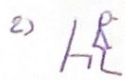
↳ Rentrer dans sa Respiration

(6-8R)

In  
Ex

↳ poumon ventre sort

↳ Rentre ventre poumon



In  
Ex



Ex  
In



(4x  
DYN)

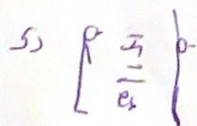
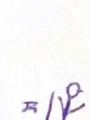
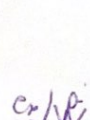
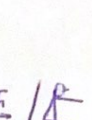
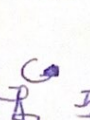
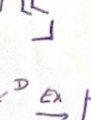
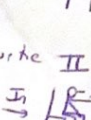
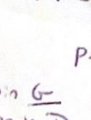
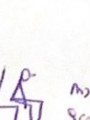
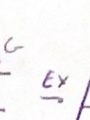
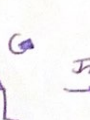
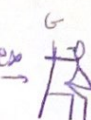
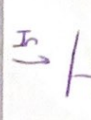
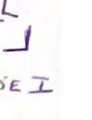
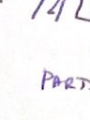
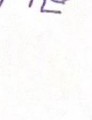
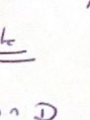
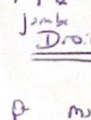
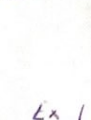
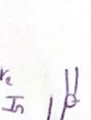
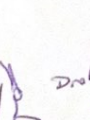
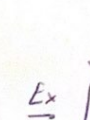
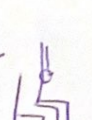
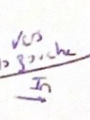
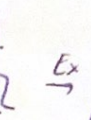
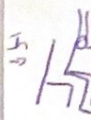
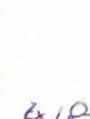
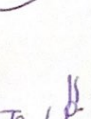
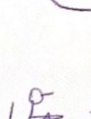
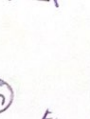
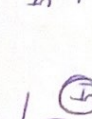
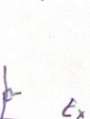
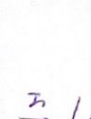
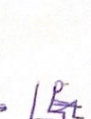
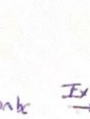
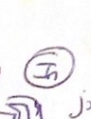
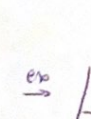
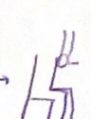
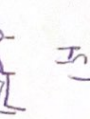


Ex  
In

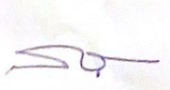


(1R)

(2-4x  
DYN)



7)



9)



↳ Guider sur le dos

(9x R)

Tous droits réservés à A Way To Harmony et BADOT Aurélie

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