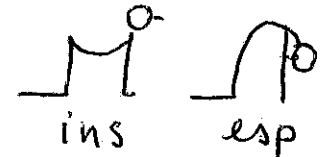
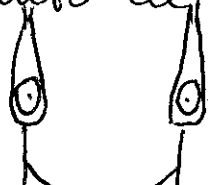






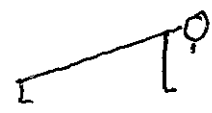

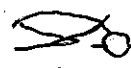
YOGA ESTATE 2016




1) Saluto al sole 1/2 cicli σ  x 5 resp
ins esp

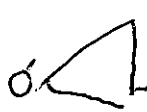

2)   Tengo x 3 resp.

3)   

ins mi inclino] ds/ sin
esp torno	
ins mi allungo	
esp torno	

4)  1 resp  1 resp  2 resp

5)   ins  esp 1 resp. nella torsione

6)  3 resp  2 resp

7) Nadi Shodano respirazione a marcia alternate  5 cicli