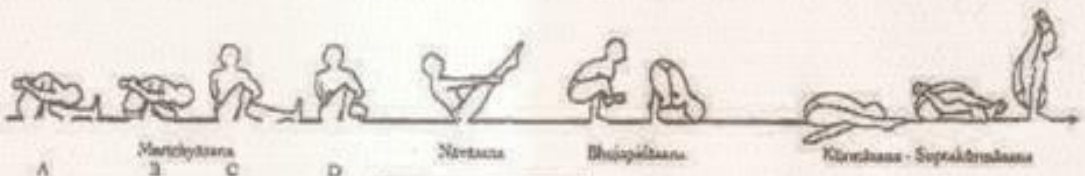
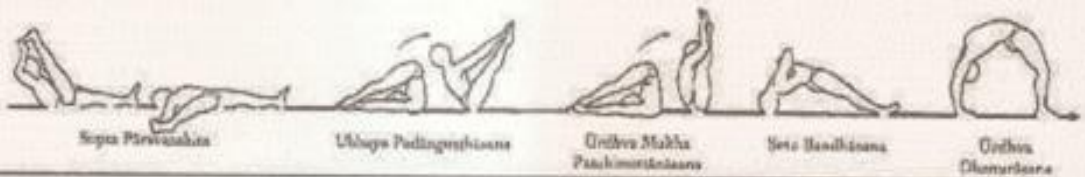
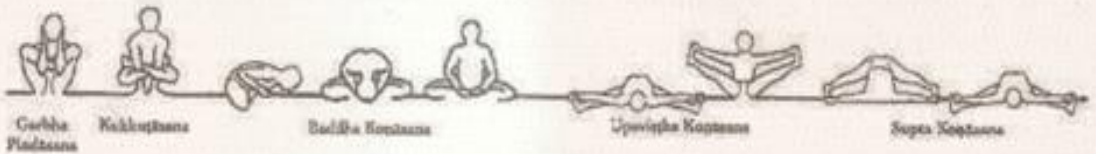


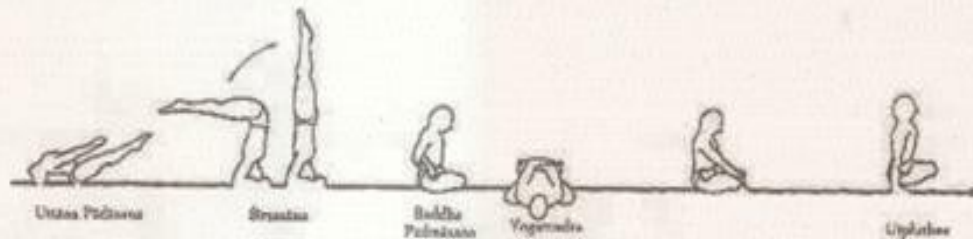
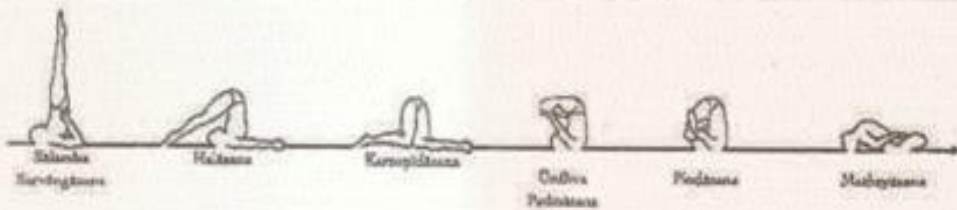
Posturas de sentado. Vinyasa entre cada postura, y cada lado.



x 5 veces



Posturas finales, respiración mas largo y profunda. Relajación final minimo 10 min



CENTRO YOGA ASHTANGA