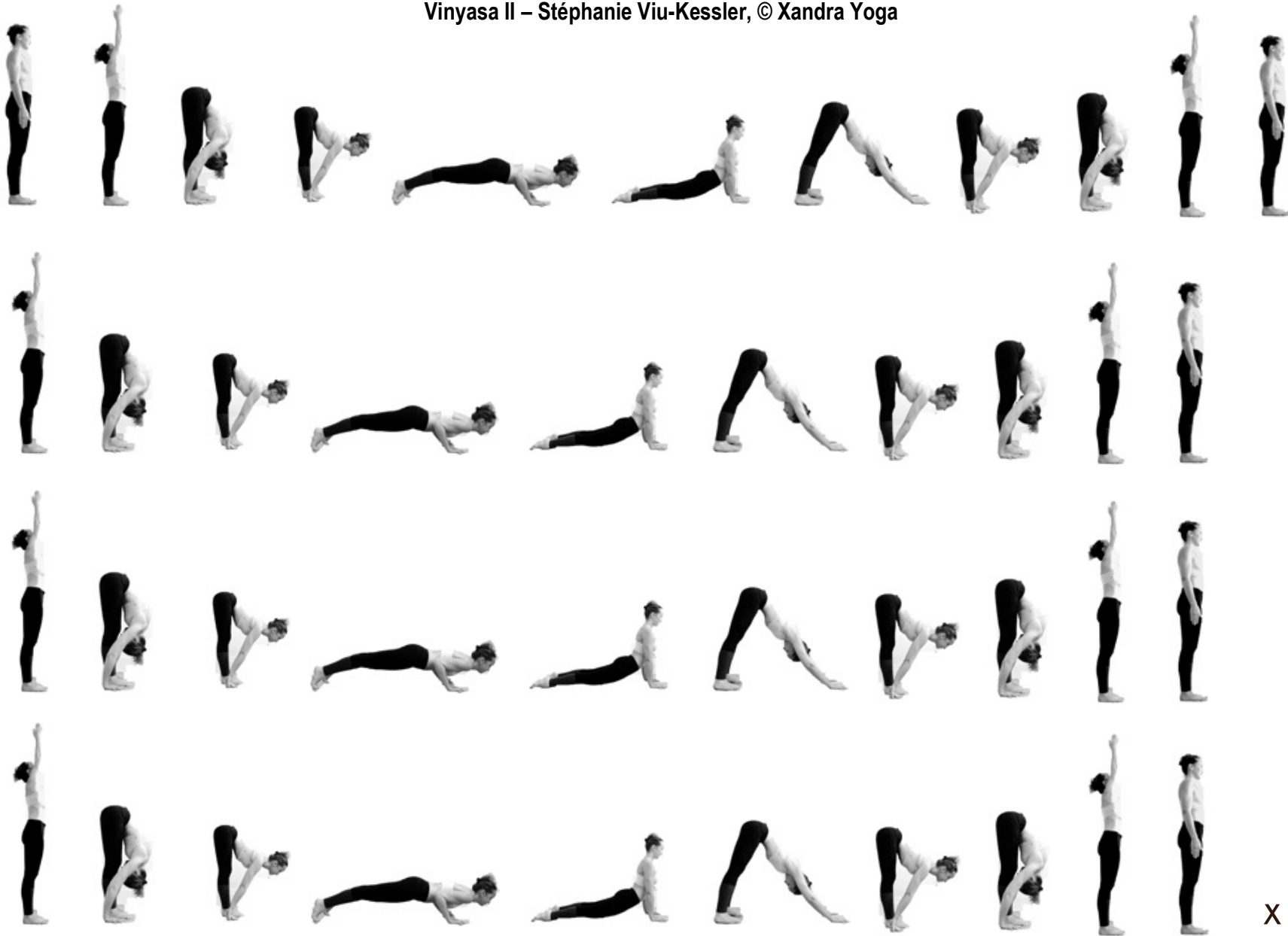
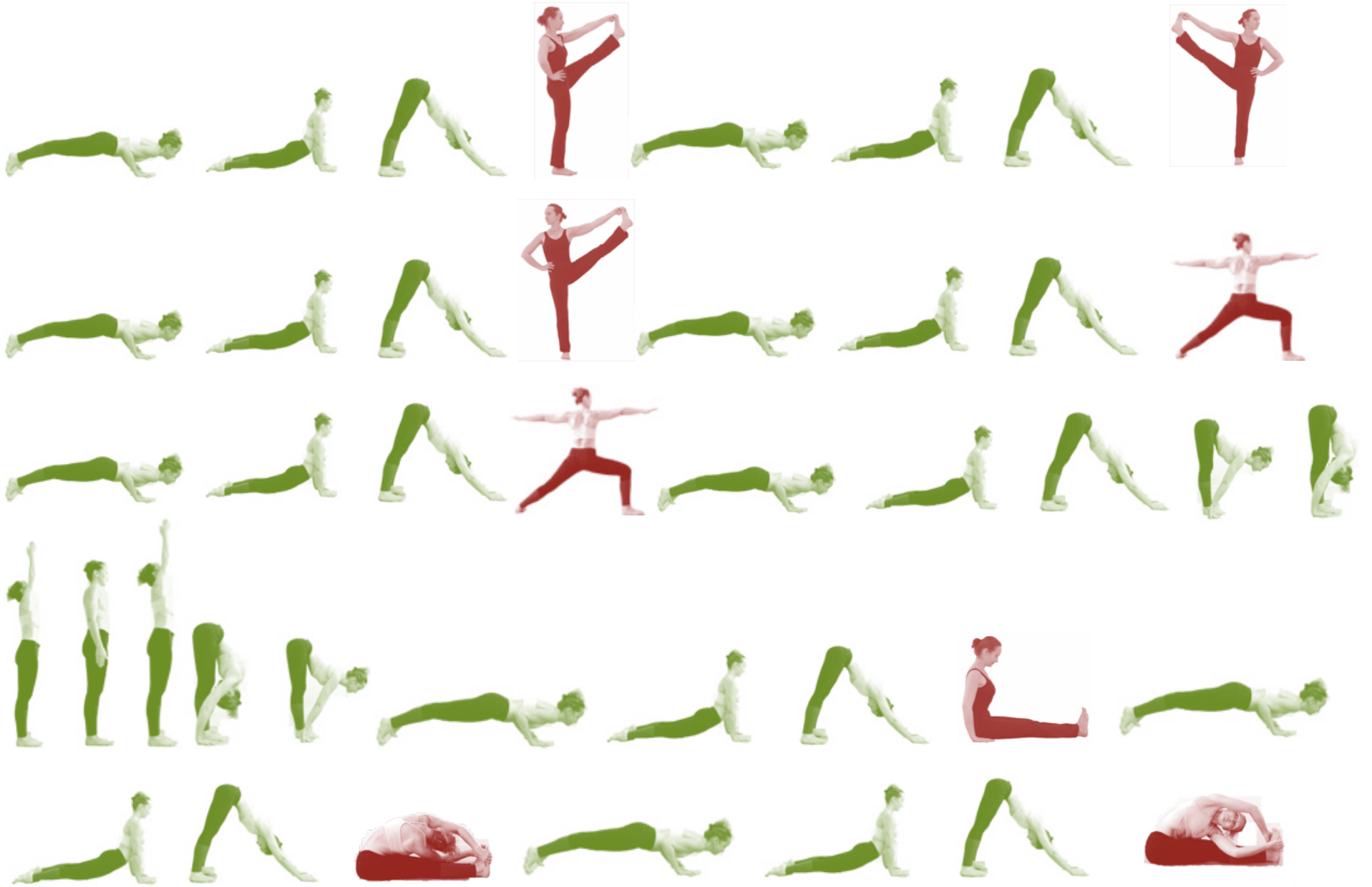


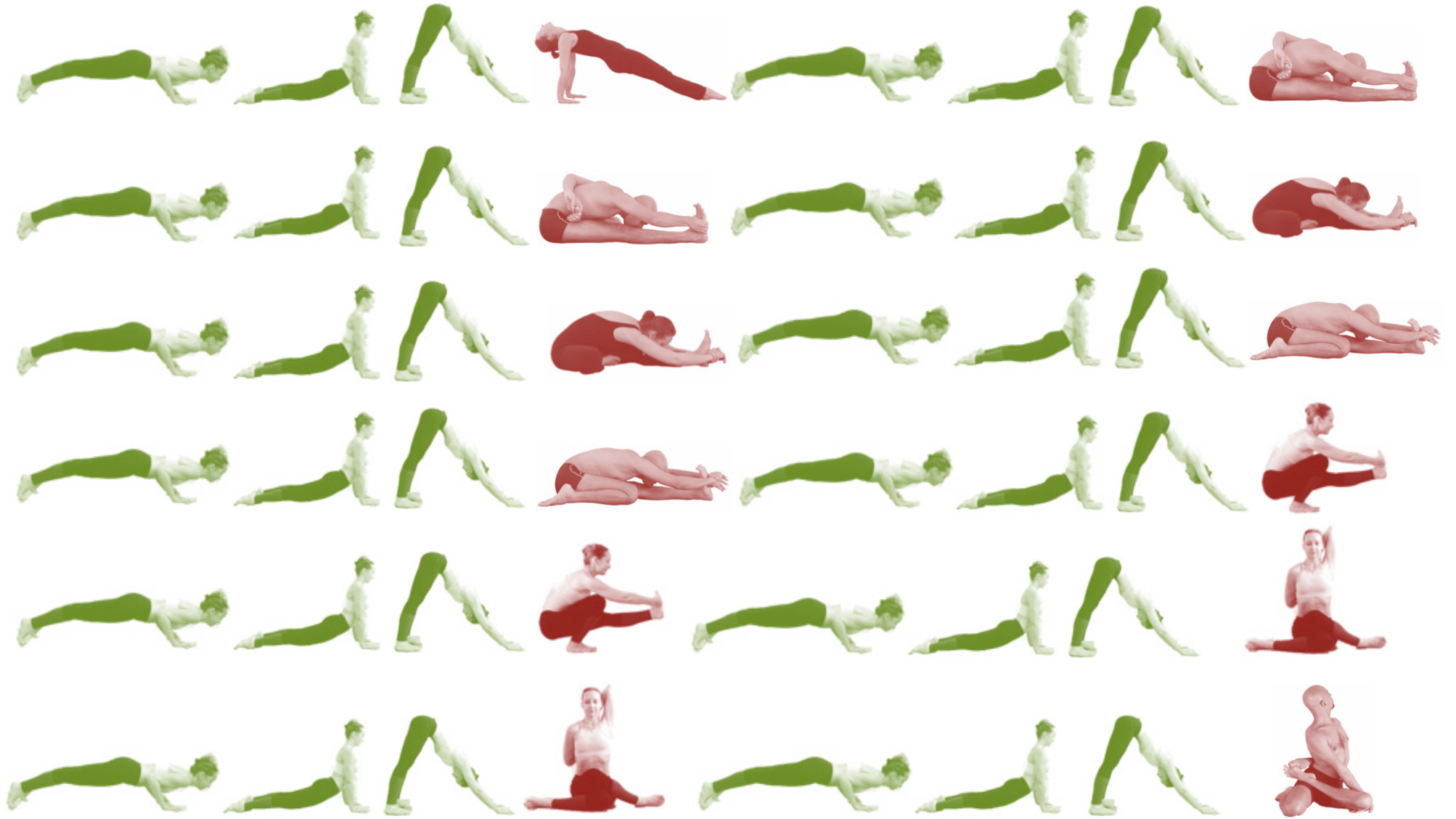
Vinyasa II – Stéphanie Viu-Kessler, © Xandra Yoga

















Shavasana 10 minutes



Posture de Sidhasana pour la pratique des pranayamas – 20 mins