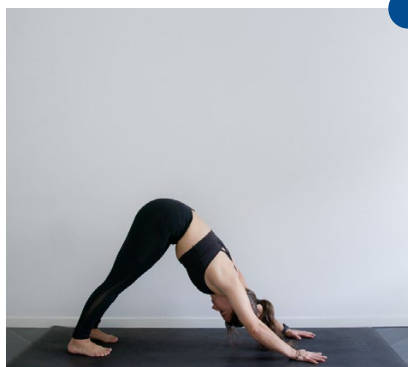
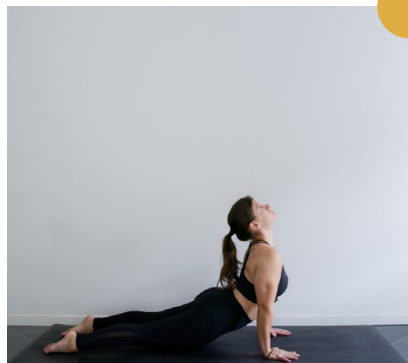
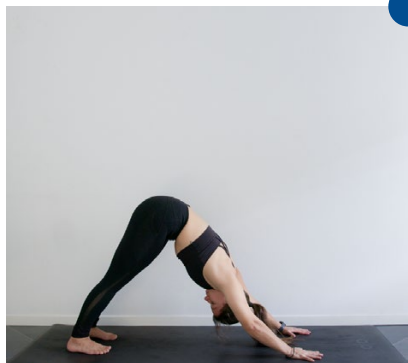
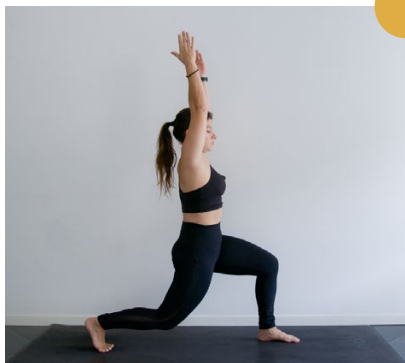
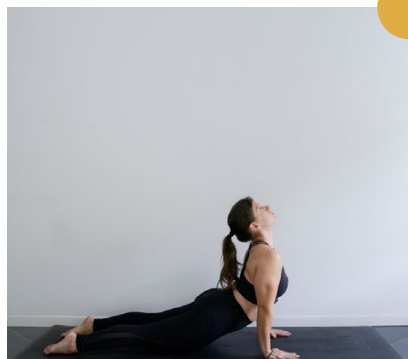
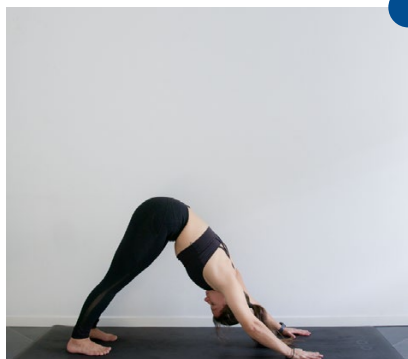


AWAKENING YOGA				
<i>Surya Namaskara B</i>				
SAJUTO AL SOLE B	ADHO MUKHA SVANASANA CANE TESTA IN GIÙ	AFFONDO A GAMBE PIEGATE	AFFONDO	GUERRIERO III CON GAMBA PIEGATA
GAMBA DESTRA				
				
VIRABHADRASANA III GUERRIERO III	AFFONDO	MANI DIETRO LA TESTA	AFFONDO CON INNARCAMENTO	CANE A 3 ZAMPE
				
URDHVA MUKHA SVANASANA CANE TESTA IN SU	ADHO MUKHA SVANASANA CANE TESTA IN GIÙ	AFFONDO A GAMBE PIEGATE	AFFONDO	GUERRIERO III CON GAMBA PIEGATA
GAMBA SINISTRA				
				
VIRABHADRASANA III GUERRIERO III	AFFONDO	MANI DIETRO LA TESTA	AFFONDO CON INNARCAMENTO	CANE A 3 ZAMPE
				
URDHVA MUKHA SVANASANA CANE TESTA IN SU	ADHO MUKHA SVANASANA CANE TESTA IN GIÙ			
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			 TRATTENERE IL RESPIRO	