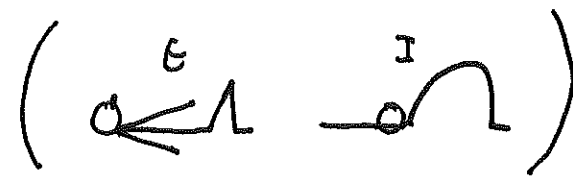
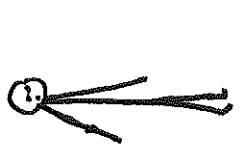
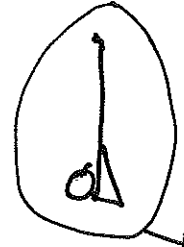
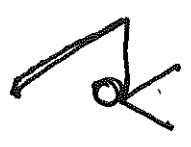


NUCLEO



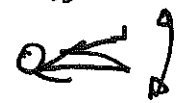
BALANCEO



SARVANGASANA

HALASANA

BALANCEO
ECUACIONIDAD



PATSYASANA

LOS DOS
LADOS
TORSION



APASASANA

PRANAYAMA

RELAJACION

