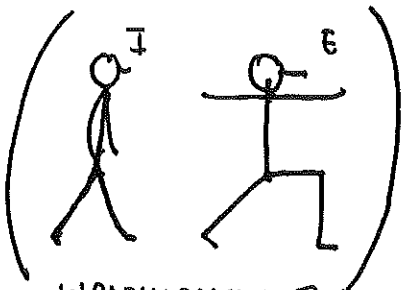
8

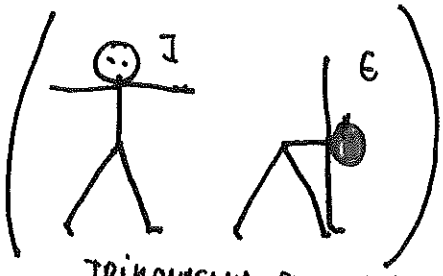
MOVIMIENTO DE HOMBROS HACIA DELANTE Y ATRAS



2 VECES CADA LADO

VIRABHADRASANA II

RELAX



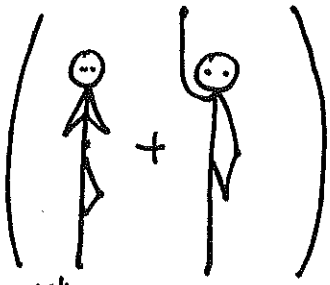
2 VECES A CADA LADO

TRIKONASANA PARIVRTTA

E. MANTENEMOS

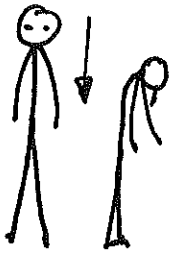
MALASANA

9



LOS DOS LADOS

VRKSASANA

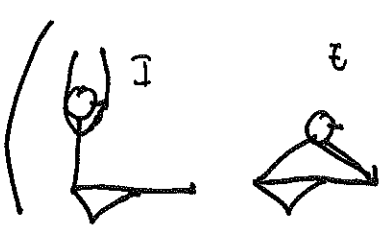


BALANCEO DE ESPALDA BRAZOS CABEZA TODO RELAJADO

RELAX

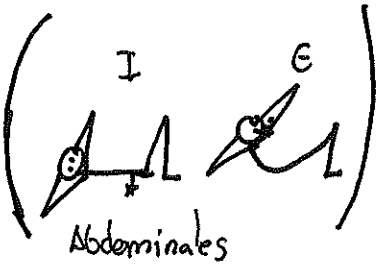
10

MARIPOSA



LOS DOS PIERNA 2 VECES

JANU SIRSASANA



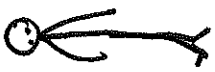
x 6

Abdominales

11

NAVASANA

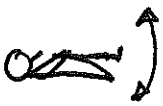
RELAX



BALANCEO

LOS DOS LADOS

BALANCEO



RELAX

PRANAYAMA

MEDITACION