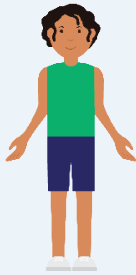
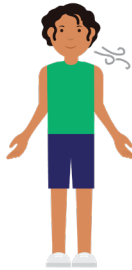


Movimiento consciente: Set I



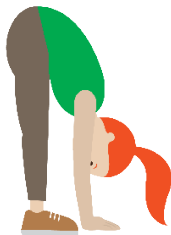
Postura de la
montaña



3 respiraciones



Postura de la
estrella



Flexión hacia
delante



Postura de la
mesa



2 Gato/Vaca

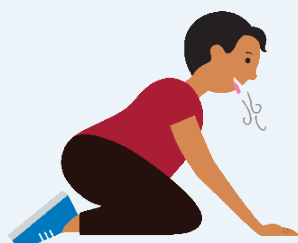




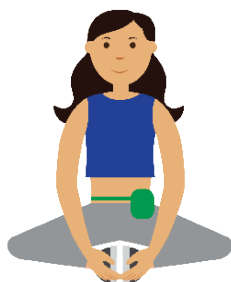
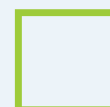
Postura del niño



Postura de la
cobra



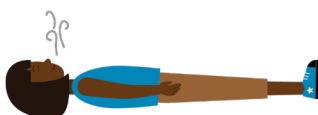
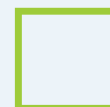
Postura del león



Postura de la
mariposa



Postura del
durmiente

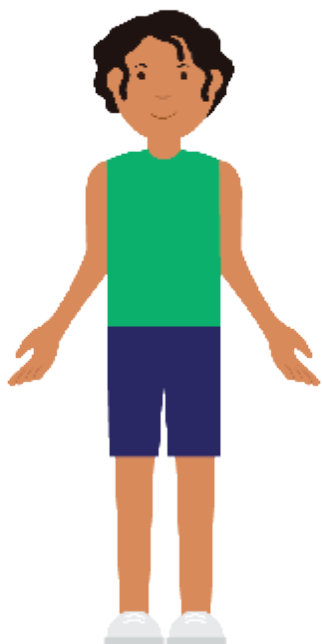


3 respiraciones

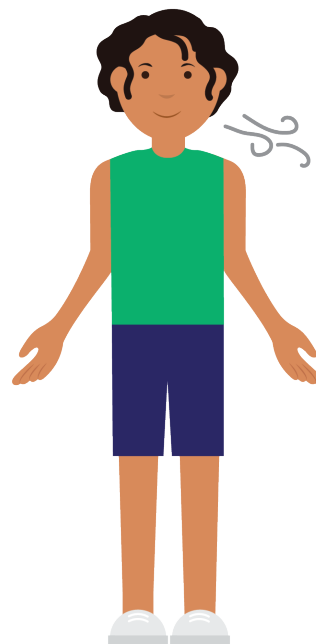




Postura de la montaña



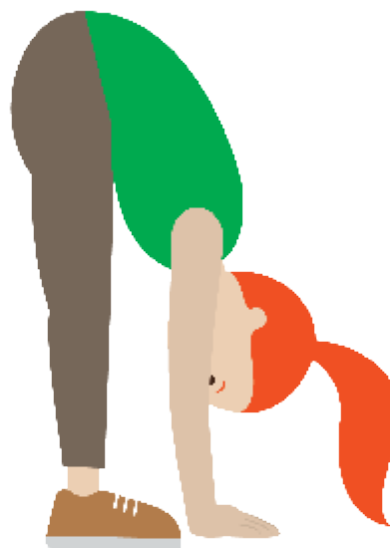
3 respiraciones



Postura de la estrella



Flexión hacia delante





Postura de la mesa



2 Gato/Vaca



Postura del niño



Postura de la cobra

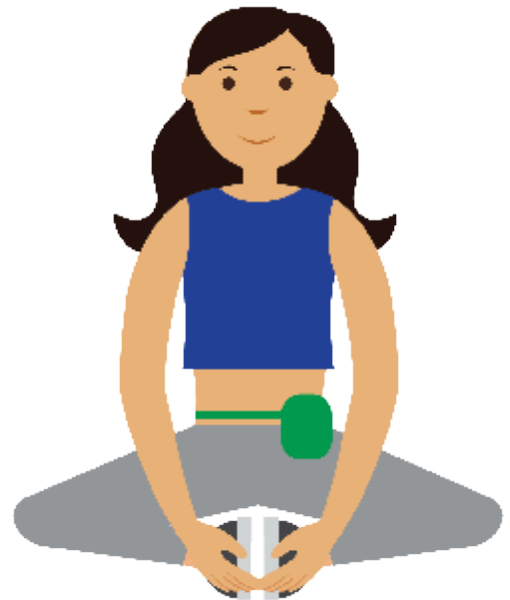




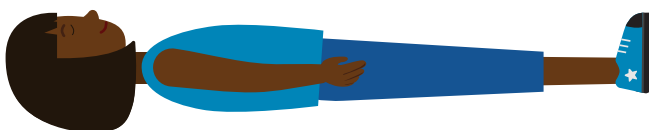
Postura del león



Postura de la mariposa



Postura del durmiente



3 respiraciones

