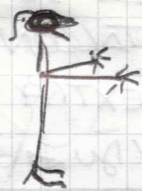


III SEQUENZA



CIRCONDURZIONI
DEL CAPO



DURGA X 3 VOLTE
LINGUA FUORI } VERSO
OCCHI INCROCIATI } AM!
DITA DISTESE



ESPIRANDO FLETTI COLONNA VERTEBRALE
INSPIRANDO RISALI
DINAMICO 5 VOLTE
STATICO 5/7 RESPIRI



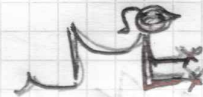
SX e DX



(SX e DX)



(SX e DX)



GATTO
7/9 VOLTE

GATTO CON GOTTI IN
APPOGGIO



FOGLIA



SFINGE



SBARRA

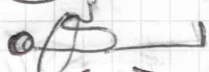


3 RESPIRI



5 RESPIRI

(SX)



9 RESPIRI



5 RESPIRI

(DX)



9 RESPIRI



RILASSAMENTO
5 MINUTI



MEDITAZIONE
10 MINUTI