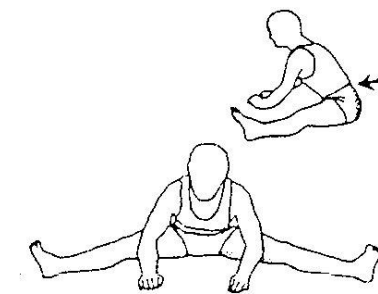
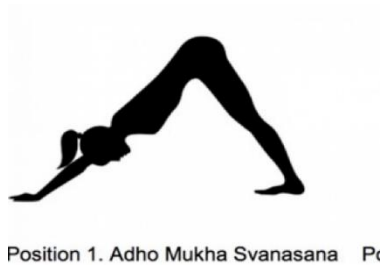
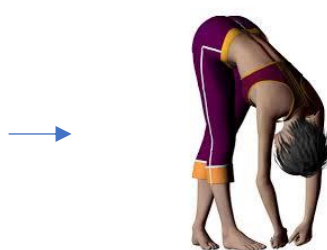
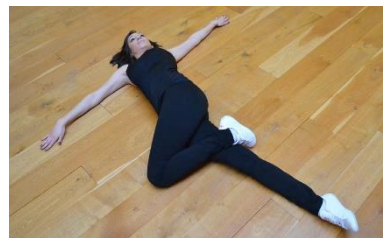
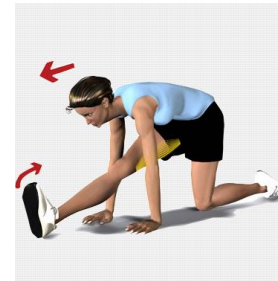
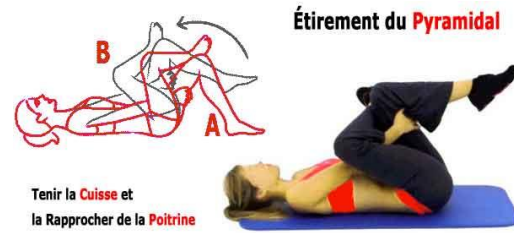


SEANCE STRETCHING 30 MIN ENVIRON :

2*30s par atelier et 15s de repos entre chaque exercice





On finira par la position du soleil levant : pour relâcher toutes les tensions