

AQUÍ Y AHORA · VALOR AHIMSA

EJERCICIOS PREVIOS

MARINA

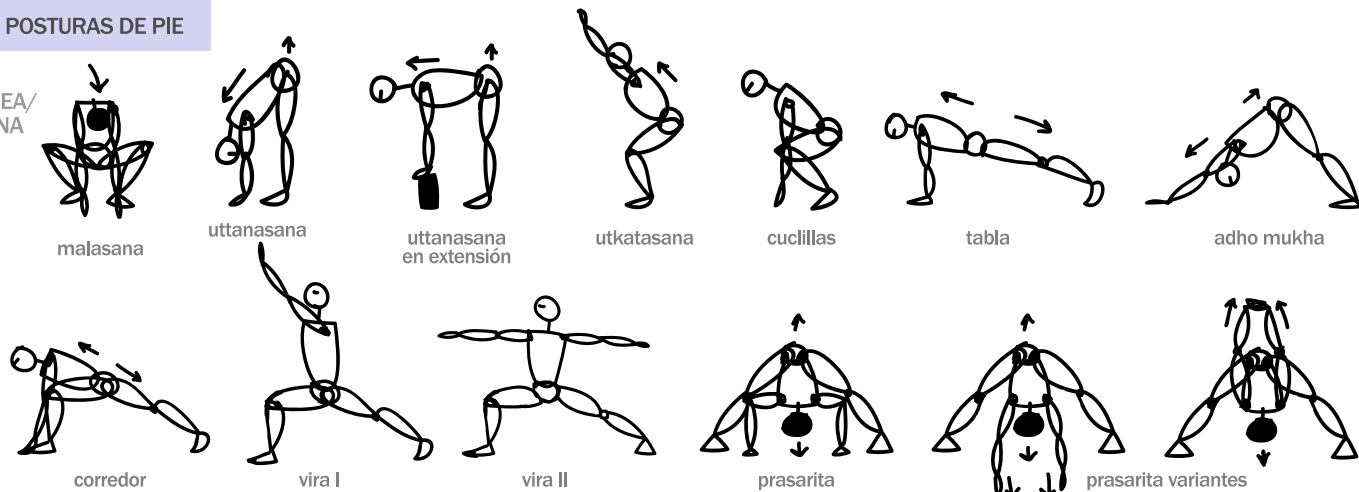


ISIS

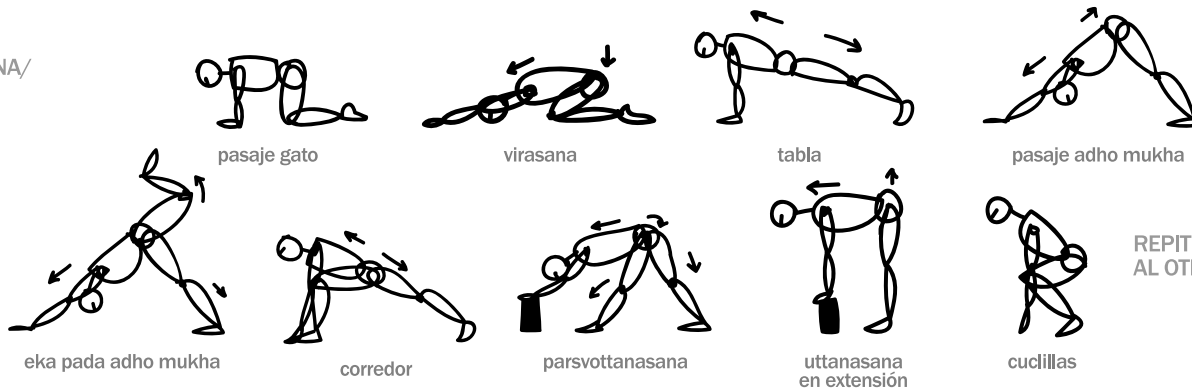


CICLO POSTURAS DE PIE

ANDREA/
MARINA



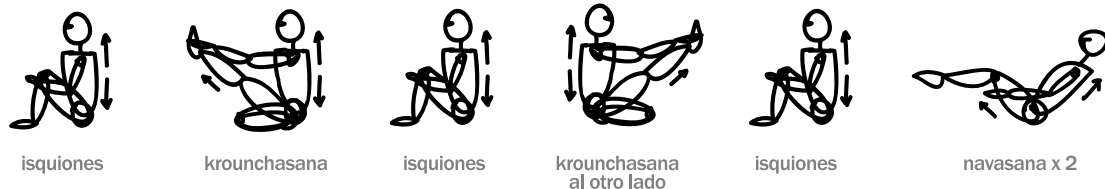
SABRINA/
ISIS



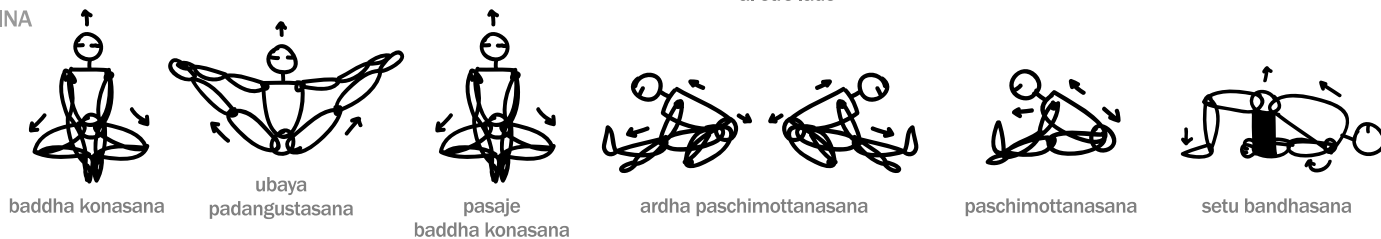
REPITE CICLO
AL OTRO LADO →

CICLO ISQUIONES

ANDREA



SABRINA



RELAJACIÓN Y MEDITACIÓN

