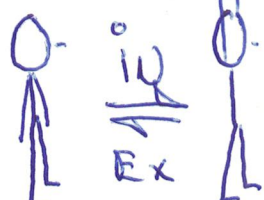
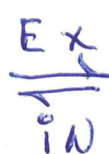



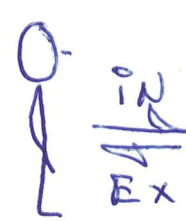
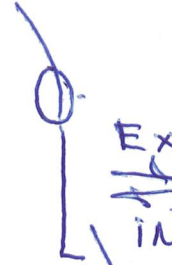



MARDI - P 8





1.37

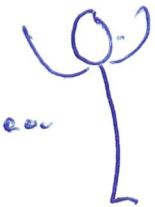

VITA RAGA  
NON-DESIR

MA  
A-18

1.    6x Flexions et Variations


2.       $\left( \begin{matrix} \text{Ex} \\ \text{In} \end{matrix} \right)$  4x/cote


3.     4x/cote  
puis 4 R stat  
en (A) et (B)

4.   5x CP

5. Vers Salutations au Soleil

6.  CP ou  5x CP

7.  Sankalpa Mudra  
VITA RAGA  
(A) 8 Respir. /cote  
(B) Observation

8.  Repos 