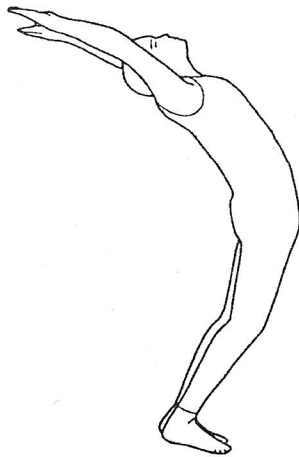


LA SEQUENZA DI SÛRYA-NAMASKÂRA, IL SALUTO AL SOLE



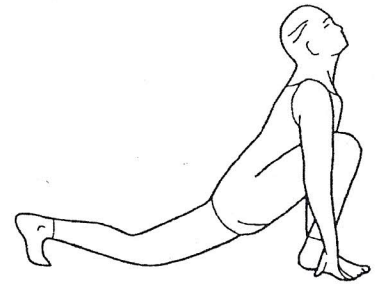
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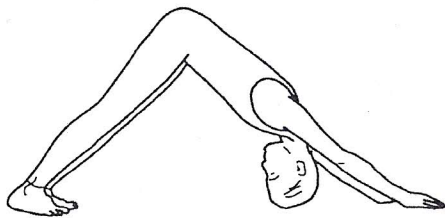
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3



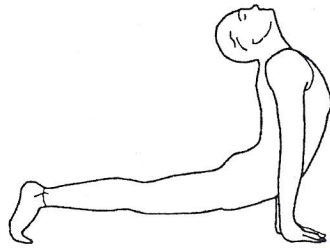
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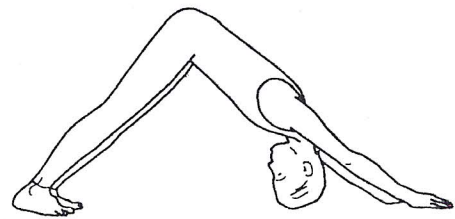
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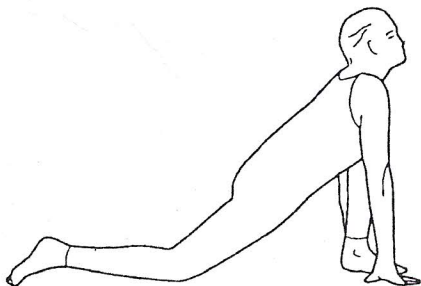
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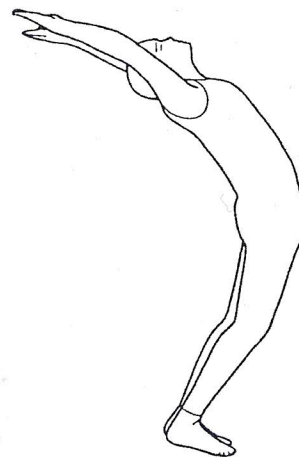
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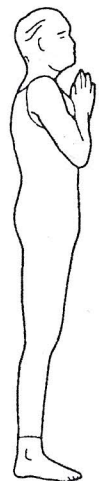
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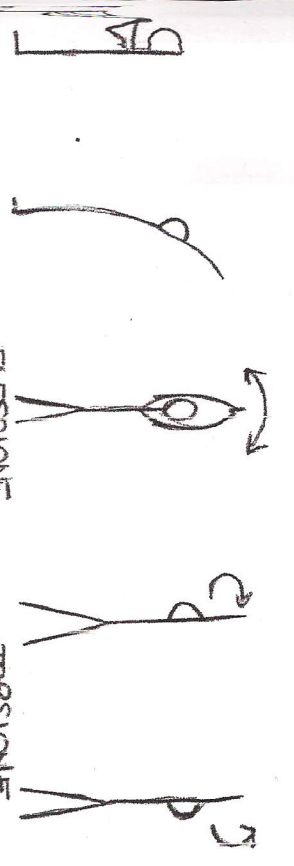
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11



12



FLESSIONE

TORSIONE

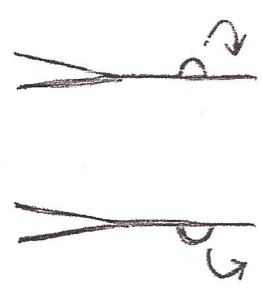
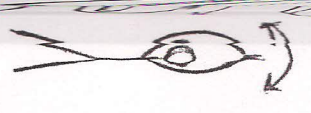


DX
SX

GUARDARE
TALLONE
OPPOSTO
DX-SX



DX
SX



REPETERE CON L'ALTRA GAMBA