

1

RAT

Balasana



2

BOEUF

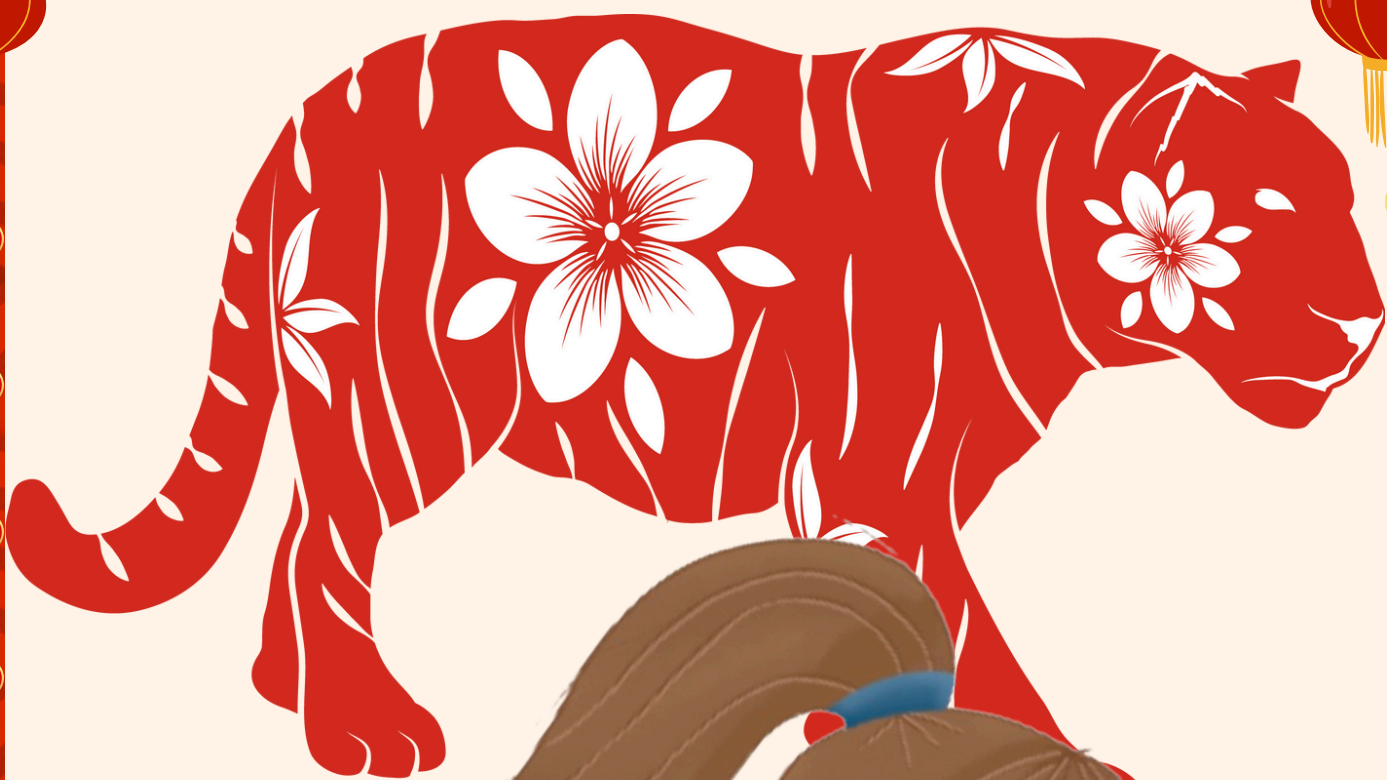
Bitilasana



3

TIGRE

Viaghrasana



4

LAPIN

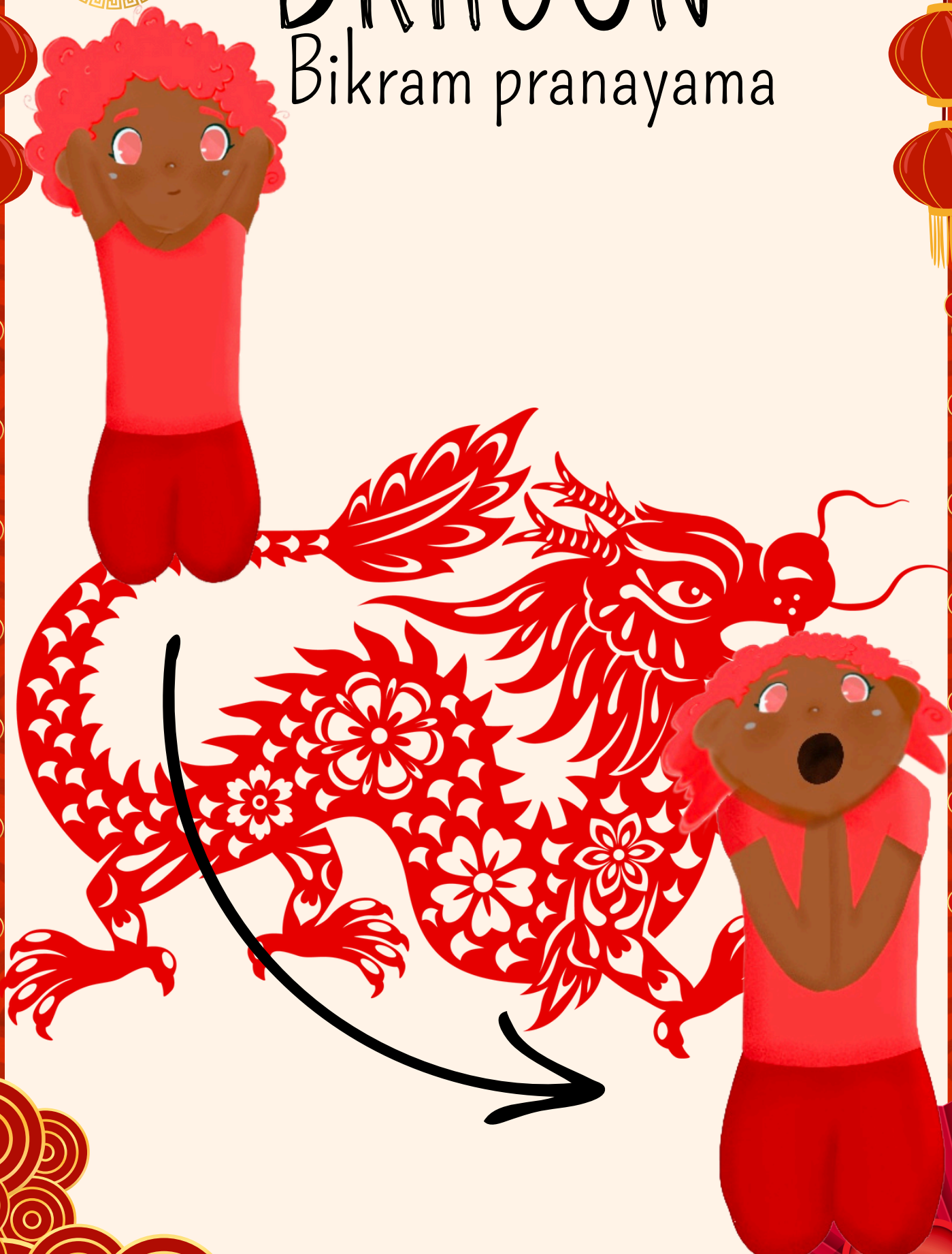
Sasangasana



5

DRAGON

Bikram pranayama



6

SERPENT

Bhujangasana



7

CHEVAL

Utkata Konasana



8

CHÈVRE

Marichyasana



9

SINGE

Ardha Anumanasana



9

SINGE

Utthita Tadasana



10

COOQ

Prapadasana



11

CHIEN

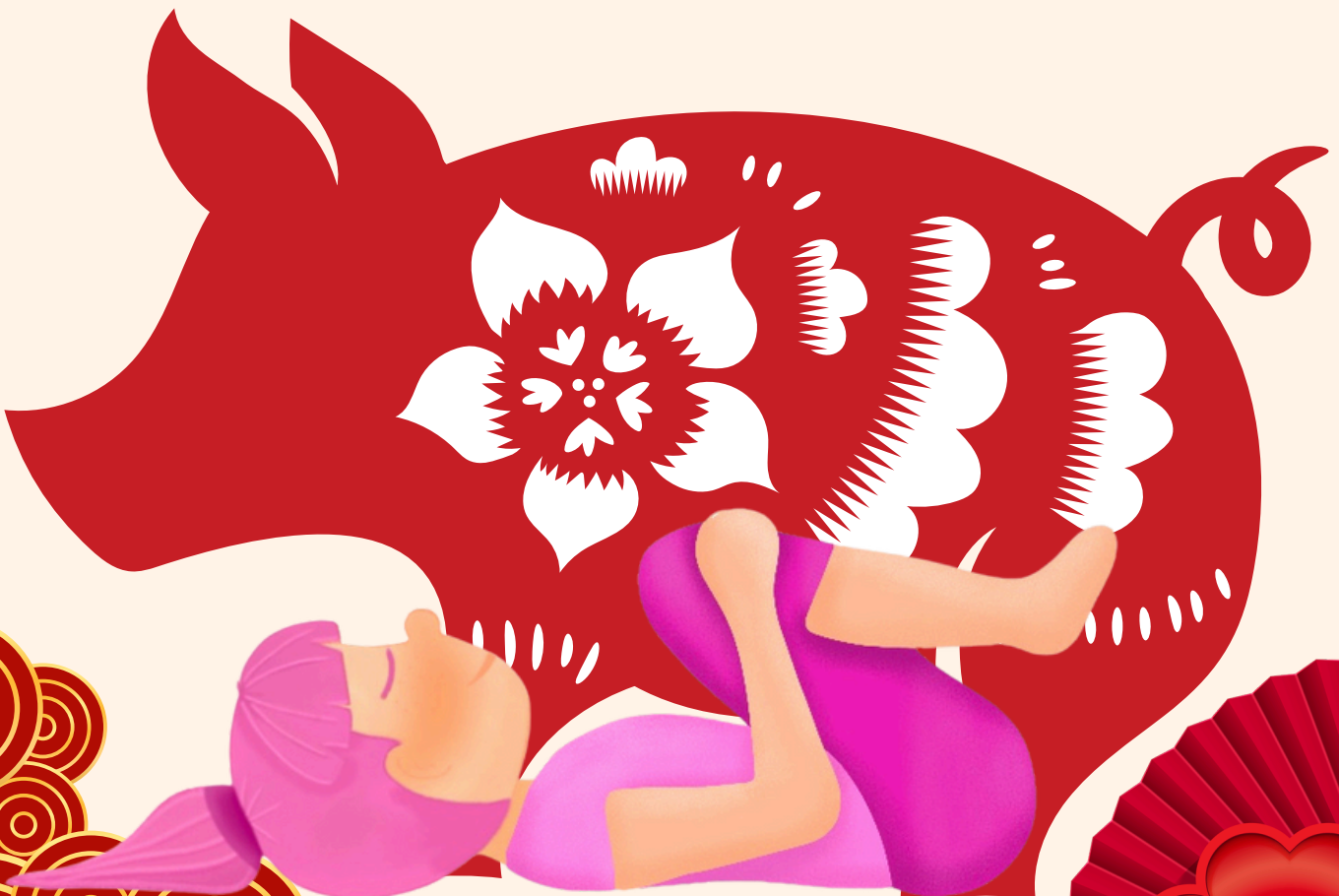
Adho mukha svanasana



12

COCHON

Marjariasana



CHAT

Marjariasana

