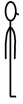
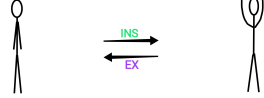


# Morning Routine #1 - 20 minutes-

1 : Mise en place du socle



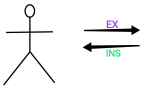
2 : 3 X dynamique



7 : 3 X de chaque côté guerrier



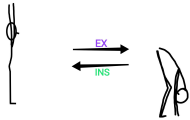
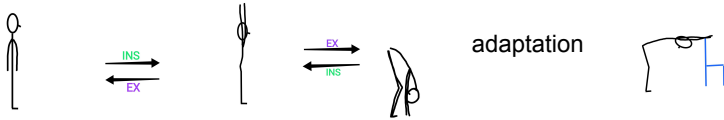
3 : 3 X de chaque côté dynamique



8 : Repos



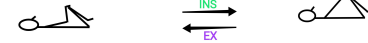
4: 3 X dynamique



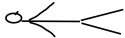
adaptation



9 : 3X dynamique



5 : Repos



6 : 3 X dynamique



10: Observer 4 respirations naturelles

