

WideMat
freedom matters

Yoga en casa
PARA PRINCIPIANTES

SEMANA 9

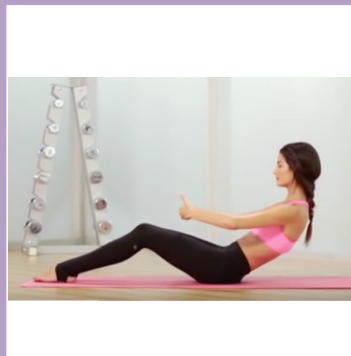


Yoga en casa PARA PRINCIPIANTES

SEMANA 9



Chaturanga Dandasana



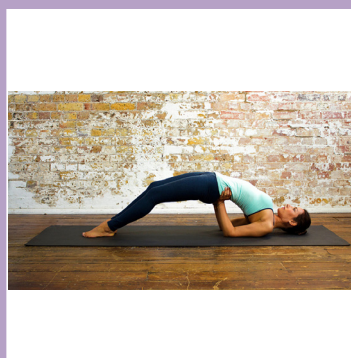
Chakki Chalan



La Diosa



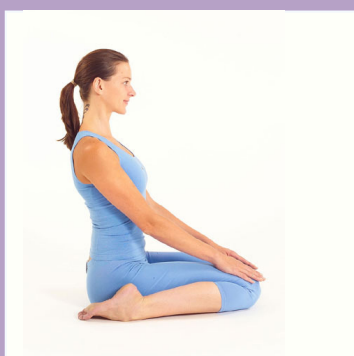
El barco



El Puente



Vasisthasana



Virasana

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