

WideMat
freedom matters

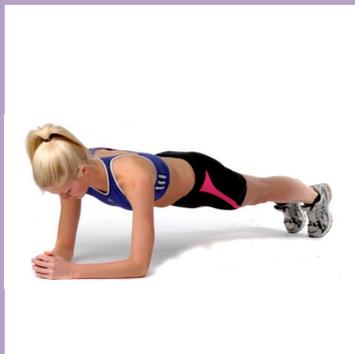
Yoga en casa
PARA PRINCIPIANTES

SEMANA 11

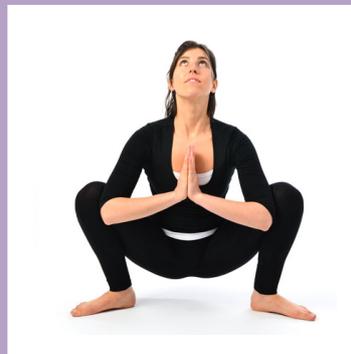


Yoga en casa PARA PRINCIPIANTES

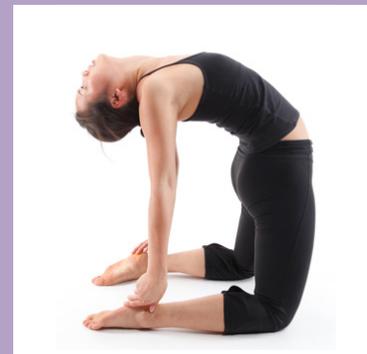
SEMANA 11



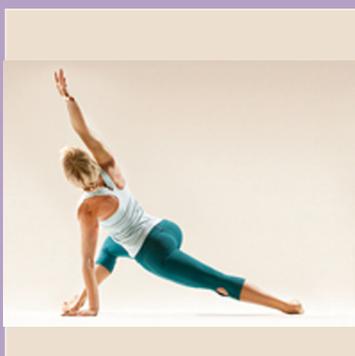
La Plancha



Malasana



El Camello



Somachandrasana I



Padahasthasana



El Guerrero I



Loto



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