

FEUILLE DE ROUTE

20 MINUTES PAR JOUR
PENDANT 20 JOURS !

1 SOFT
SACRED
SPACE

2 SOFT
FULL BODY
HATHA 1

3 FLOW
I AM
POWERFUL

4 SPÉCIAL
I HAD TOO
MUCH TO
DRINK LAST
NIGHT

5 FLOW
I AM
BEAUTIFUL

6 BOOST
SKANDASANA
FLOW

7 SOFT
QI QONG

8 FLOW
I AM
AMAZING

9 SOFT
FULL BODY
HATHA 2

10 BOOST
SHIVA
FLOW

11 SPÉCIAL
DIGESTION

12 FLOW
I AM
LOVE

13 SPÉCIAL
BAS DU
DOS

14 BOOST
BAKASANA
FIRE FLOW

15 SOFT
FULL BODY
HATHA 3

16 FLOW
I AM
LIGHT

17 BOOST
COFFEE
SHOT

18 BOOST
HOP HOP
HOP

19 SOFT
SURYA
NAMASKAR

20 SPÉCIAL
NEW MOON
OU
FULL MOON