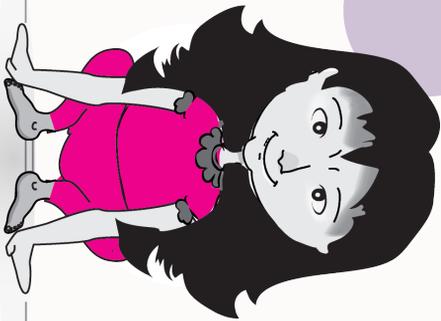


POSITION DEBOUT



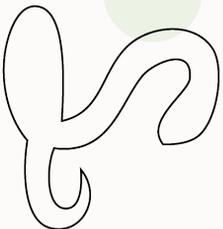
BASSE TOI EN AVANT



PLACE TOI À 4 PATTES

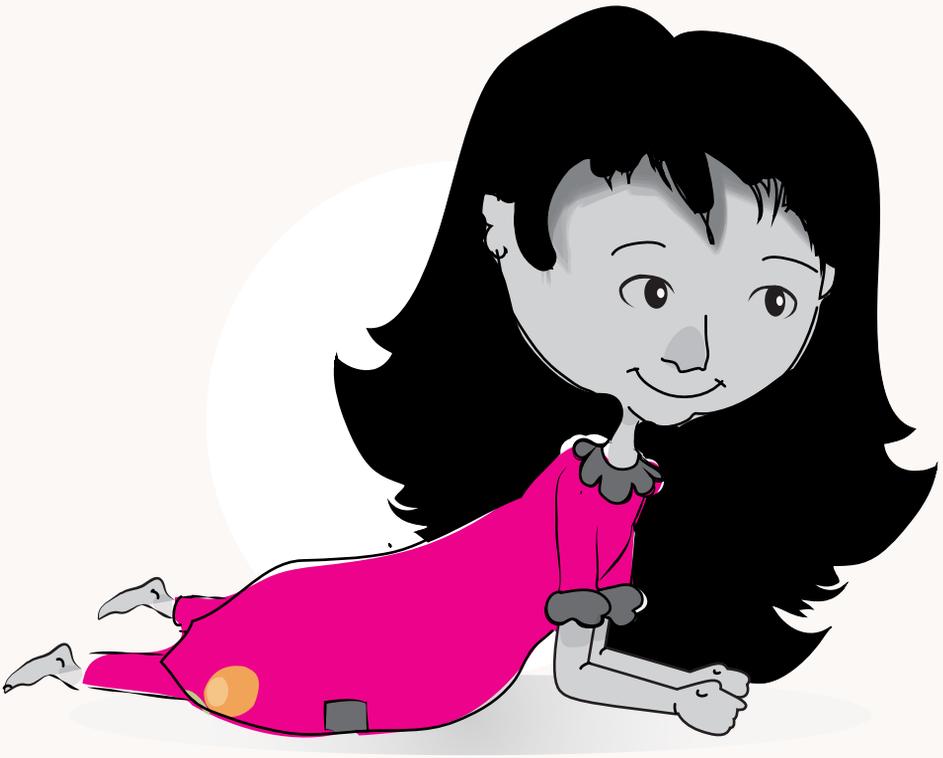


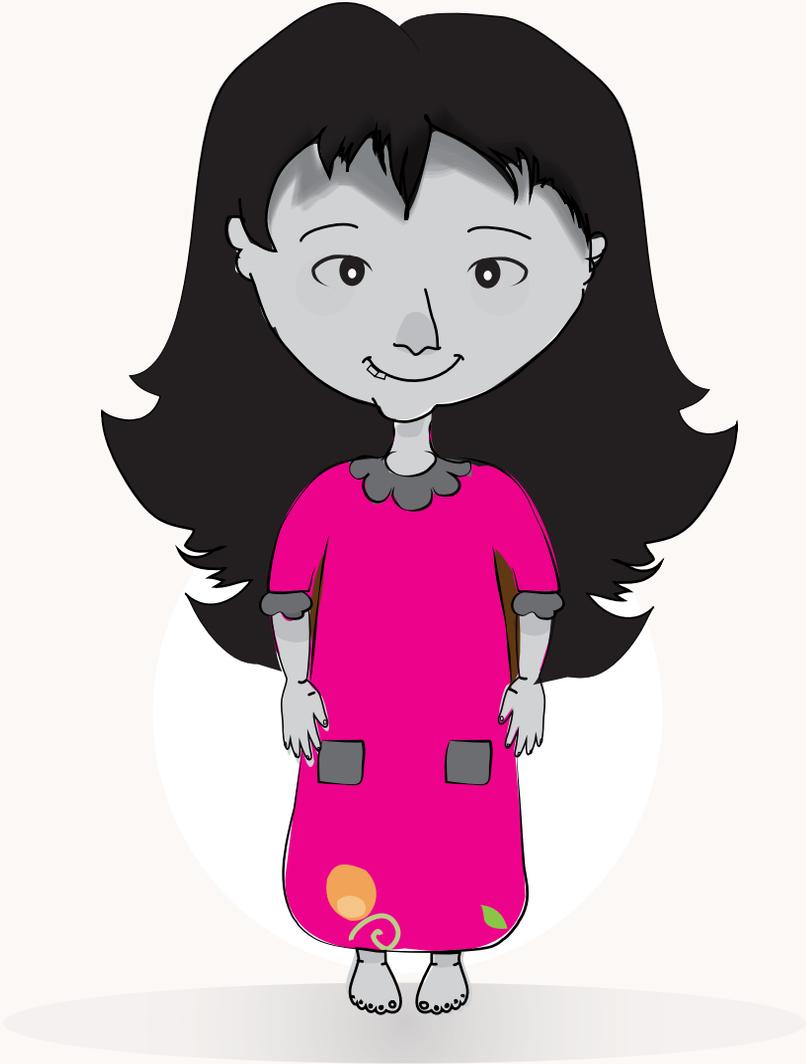
TENDS TES BRAS ET REDRESSE TOI



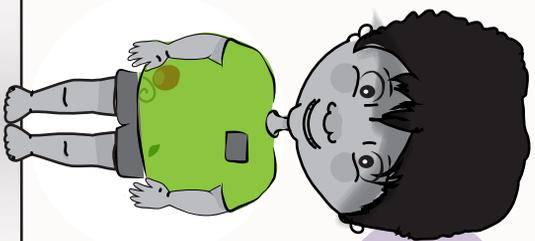
COBRA

cobra

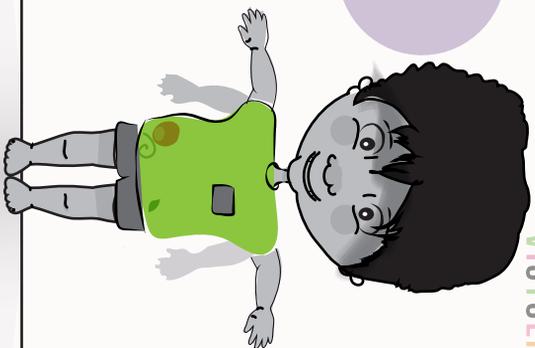




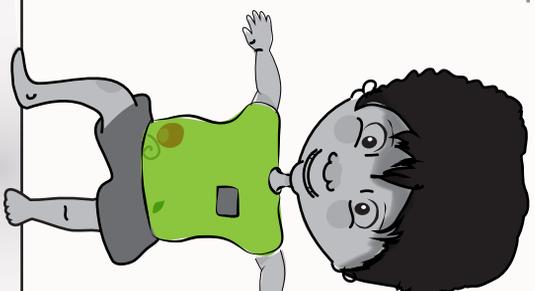
Réseau de Micro-Crèches  
**VICTOLIANE**



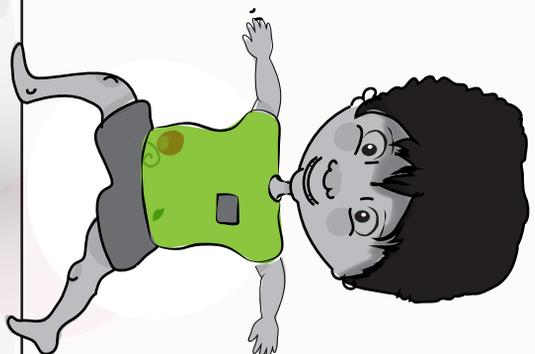
Position debout



lève tes bras



pile le genoux



allonge la jambe arrière

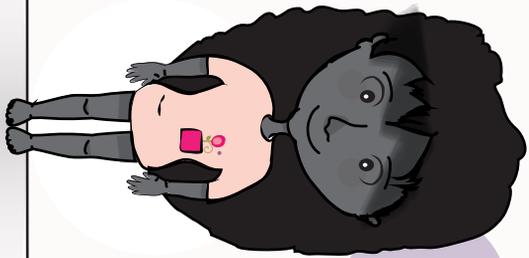
*gessier*

guerrier

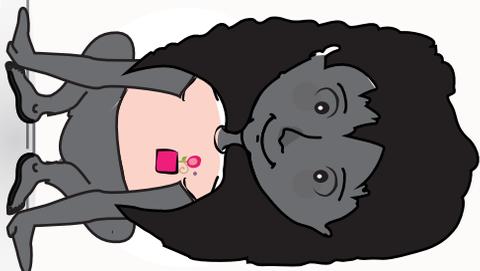




Réseau de Micro-Crèches  
VICTOLIANE



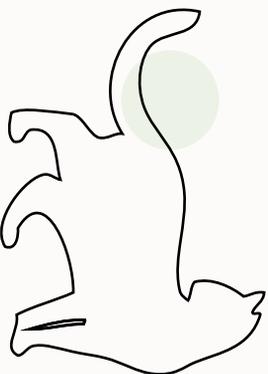
Position debout



Penche toi en avant

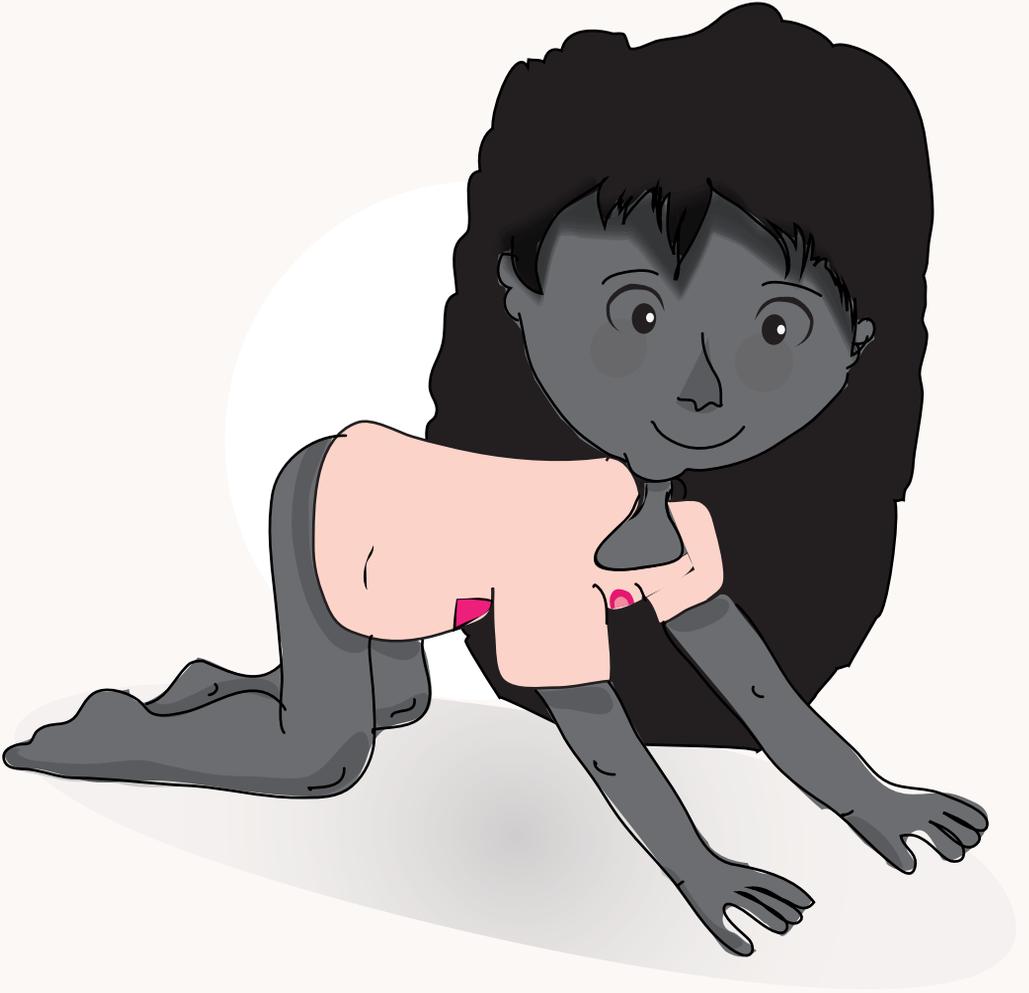


place toi à 4 pattes au sol  
tends les bras et tiens toi droit



chat

chat





Réseau de Micro-Crèches  
VICTOLIANE