

# Mini-relajación y yoga!

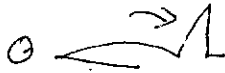
ALLIANCE #3  
(+ audio)

M. Paffard



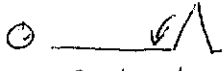
respira en la barriga

breathe in belly



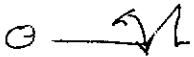
inhala (perro)

inhale (dog)



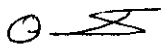
exhala (gato)

exhale (cat)



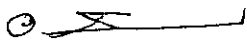
a los lados

to the sides

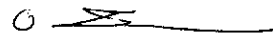


masaje la espalda

massage the back



circulos pequeños en  
cadera  
dos lados

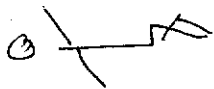


little circles in hip joint  
both sides



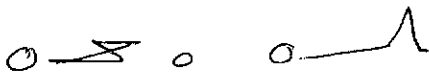
bebe feliz

happy baby



torcion

twist



relajación completa (5-10 minutos)



relaja piernas, brazos  
cara contracta y abierta  
cabeza, órganos bajando  
flotando en una nube  
termina con una intención

relax your legs, arms  
contract & open face  
head, organs dropping down  
floating on a cloud  
end with an intention