

Zen attitude:
Exercices de respiration.
1-Se mettre en position
normale
2-Faire l'exercice
3-Inspirer expirer
doucement 3 fois

L'éléphant

1



A woman with a ponytail, wearing a grey and white hoodie and black leggings, is performing a cat stretch on a grassy field. She is on all fours with her hands on the ground and her back arched upwards. The background shows a line of trees under a clear sky. A green grid frame is overlaid on the right side of the image.

Le chat

A teal triangle graphic with a white border, containing the number 2 in white. The triangle is pointing downwards and is positioned in the bottom left corner of the image.

2

La grenouille 🐸



3



4

La tortue



5



6