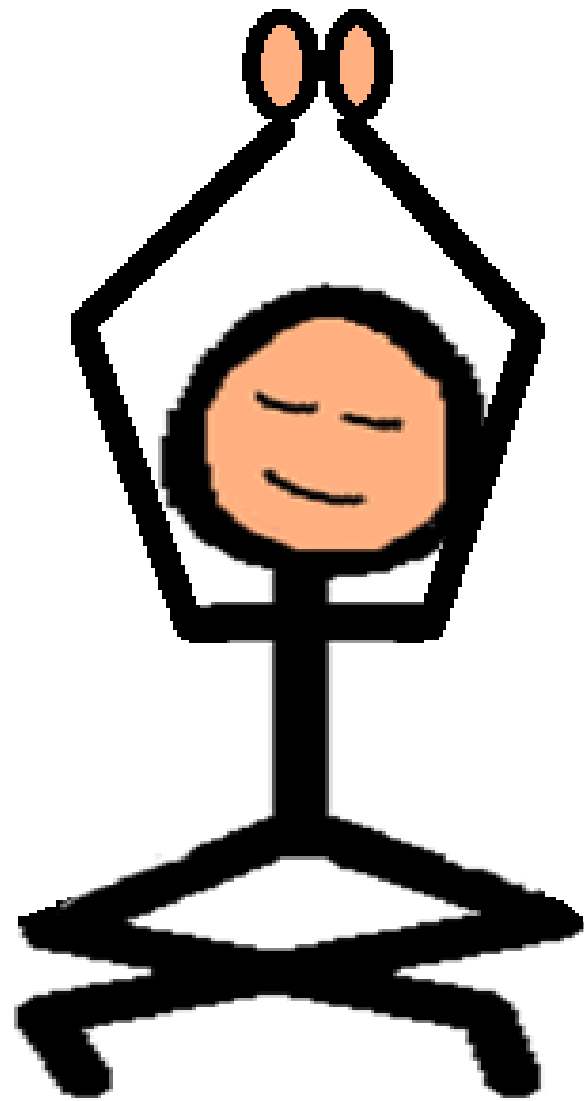


OBJETIVOS

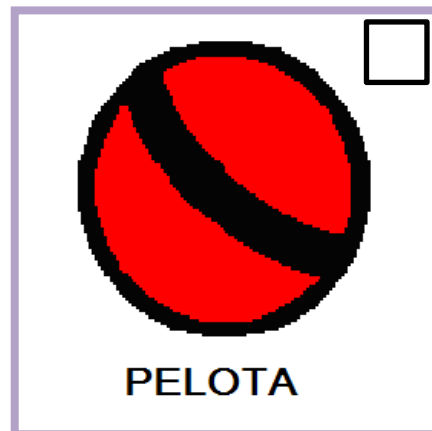
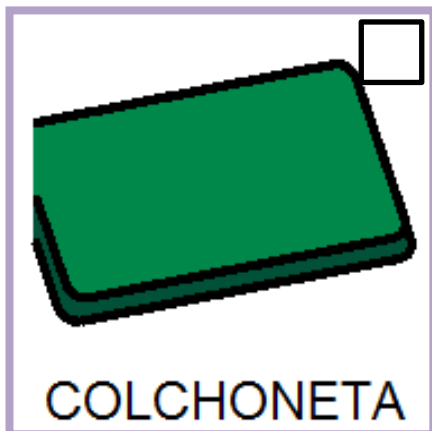
Aprender a relajarse
Aprender a controlar la respiración
Mejorar hábitos de higiene postural
Mejorar habilidades motrices gruesas

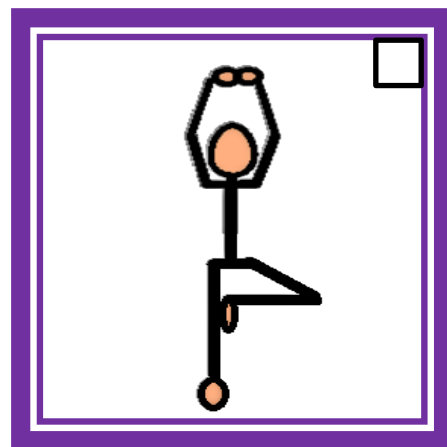
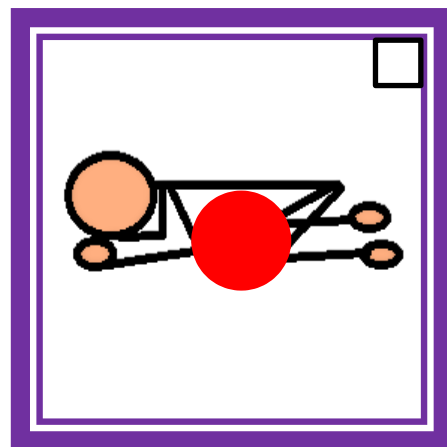
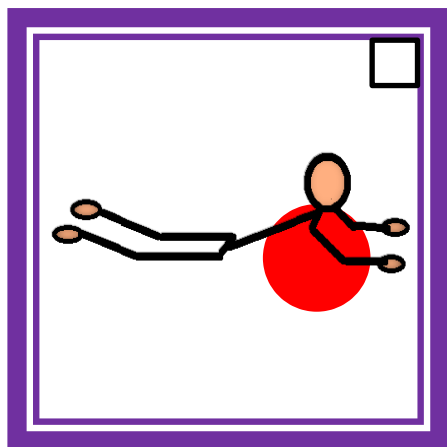
METODOLOGIA

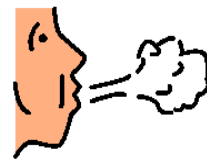
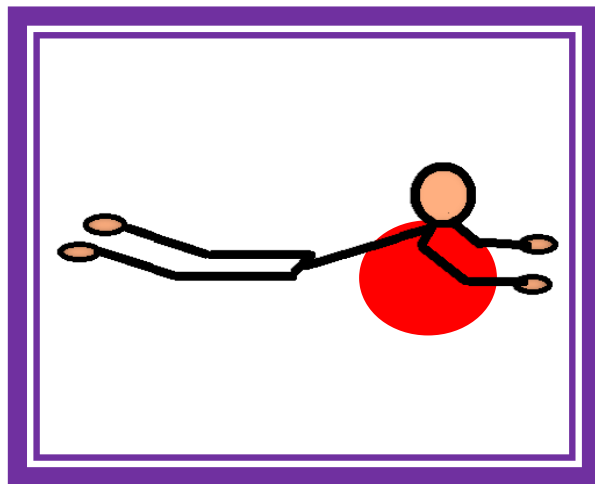
Coger colchoneta.
Coger pelota
Colocarse frente a un espejo
Imitar posturas



YOGA







OLER Y SOPLAR

1

UNO

2

DOS

3

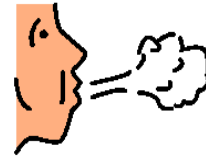
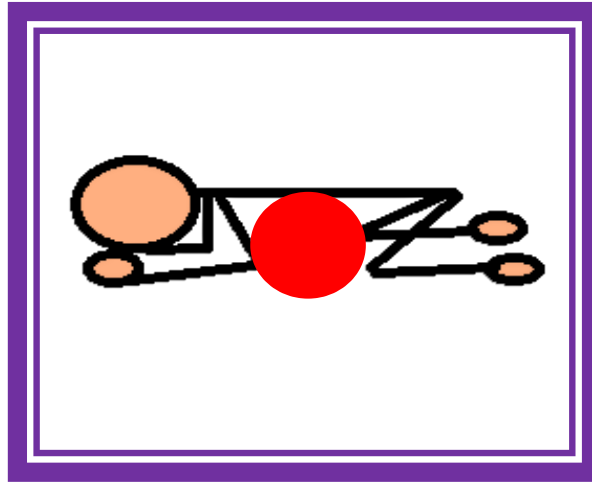
TRES

4

CUATRO

5

CINCO



OLER Y SOPLAR

1

UNO

2

DOS

3

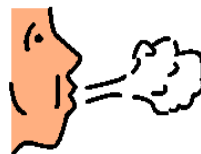
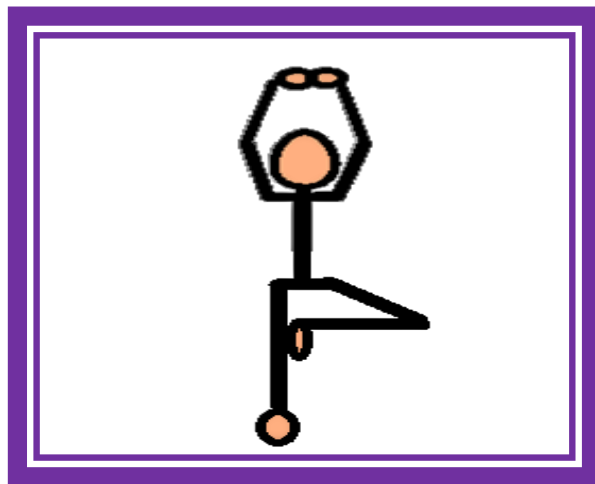
TRES

4

CUATRO

5

CINCO



OLER Y SOPLAR

1

UNO

2

DOS

3

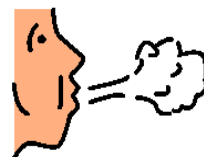
TRES

4

CUATRO

5

CINCO



OLER Y SOPLAR

1

UNO

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4

CUATRO

5

CINCO