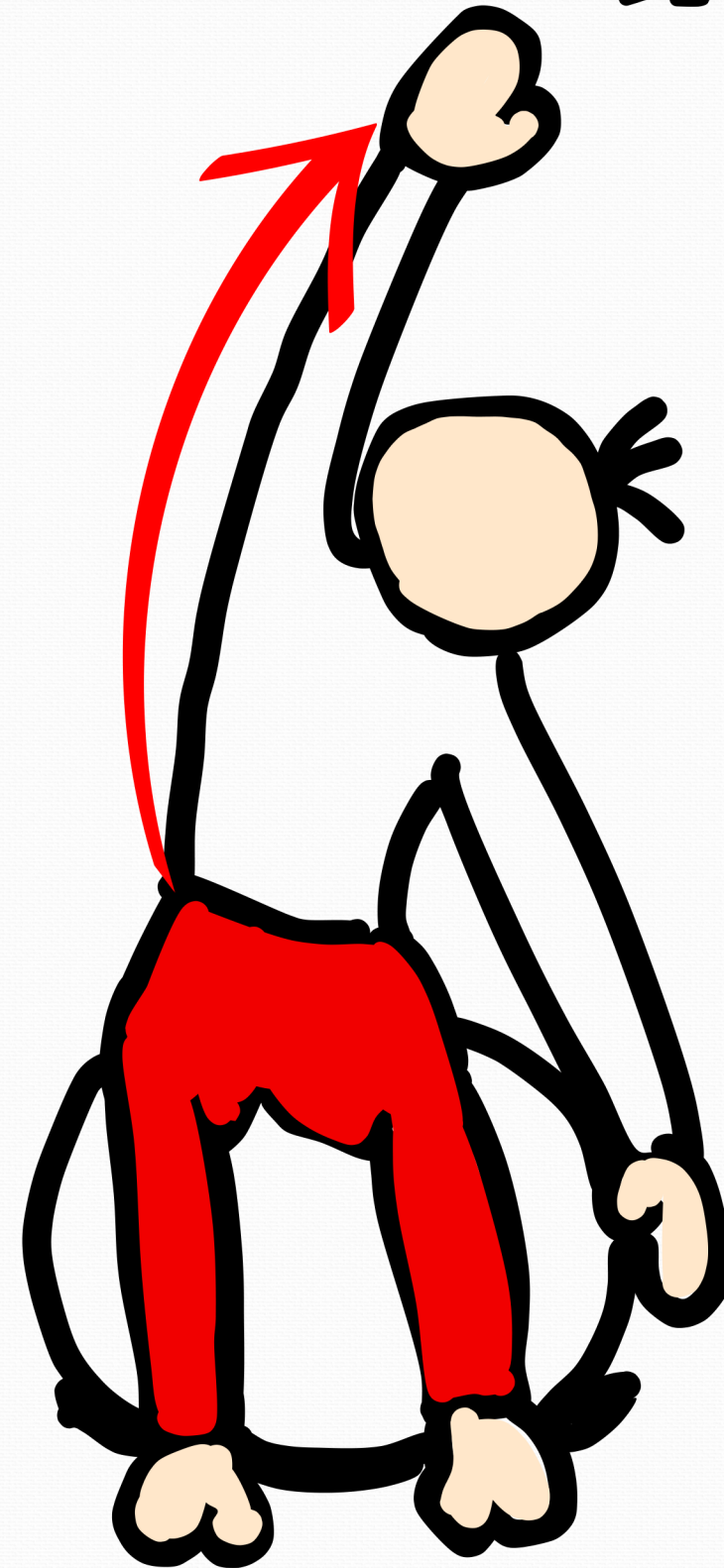
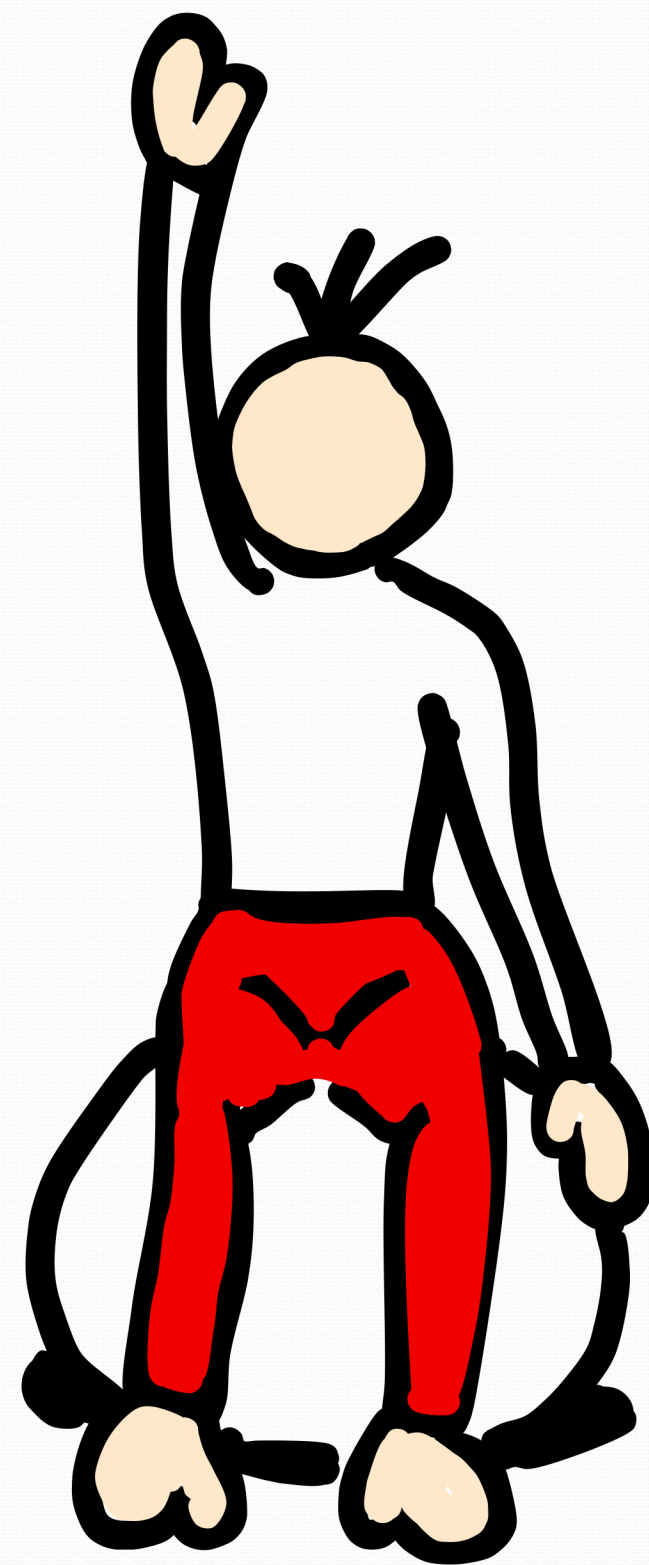


マーメイドポーズ

- 1.手を伸ばす
- 2.身体を左右に倒す



お尻から横腹、胸を伸ばす

骨盤を動かさない

Half Moon Pose

Reach your arms up
Bend to the right side

Stretch your sides,
chest, and glutes

Stabilize your
pelvis

