

# Time to play

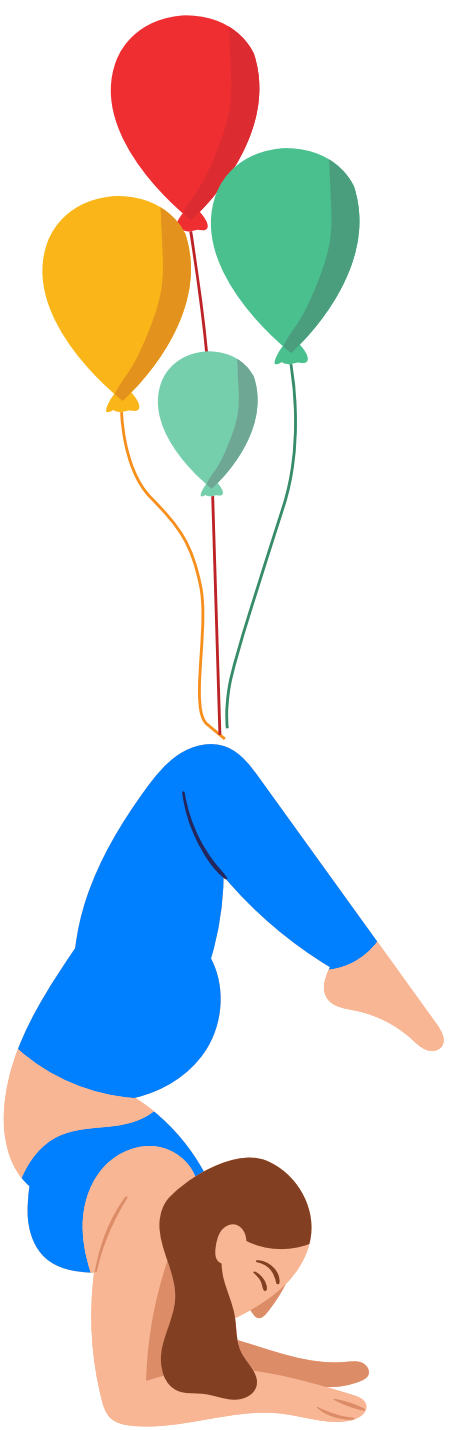
M I B Y L C H A M D E L K E C S D  
Q A B R A H M A C H A R Y A H V E  
U S O O F S F P O L A Y E P S A B  
H T H D E E E F M I V A I A E D I  
G E I R O A S D E A R J Y R N H R  
I Y I I X N A H P H W L O I T Y B  
R A B P U J U F O C D P G G E A O  
J R I V E A C H A O R U E R T Y E  
D U A F R F A O D T A S T A Y A S  
K S P H U N H T M N S A H H E E T  
V U O C E L R Y D A D T N A N R A  
A R J K H U V O G S T A J K B B R  
S A T Y A L H G O J R P R M A P C  
M A J L E T S A S M T A X J Q X A  
I A G C E L T S A K A S D T B B T  
H I A R K R E U G Y A B X I S X I  
A Q D P I D A M U A N A R A V S I

# Yogame

## YAMAS - NIYAMAS

Ahimsa  
Satya  
Asteya  
Brahmacharya  
Aparigraha

Sauca  
Santosa  
Tapas  
Svadhyaya  
Isvara



*A toi de jouer!*