

A photograph of three people practicing yoga in a modern, brightly lit studio. In the foreground, a man with a beard and a small ponytail, wearing a light blue t-shirt and dark shorts, is in a low lunge position with his right arm raised high. Behind him, two women are also in similar poses. The woman on the left is wearing a dark grey sports bra and leggings, while the woman on the right is wearing a blue and white sports bra and black leggings. They are all looking upwards. The floor is made of large, light-colored tiles. The background is a clear, bright blue sky.

LE YOGA, NOUVELLE GÉNÉRATION

LES MILLS
BODYBALANCE

