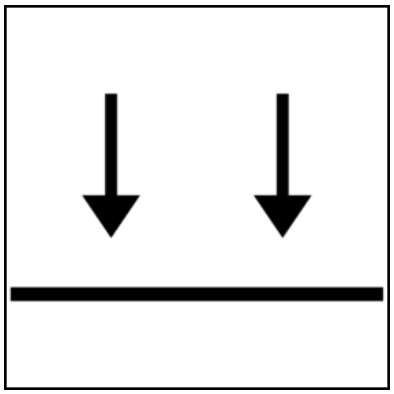
ANA
ASOCIACIÓN NAVARRA DE AUTISMO

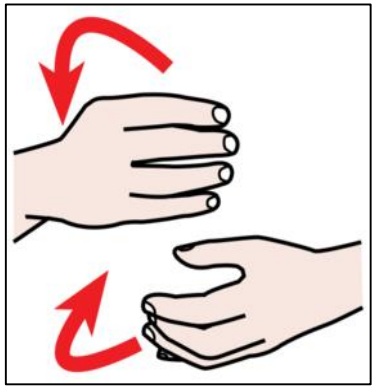
EL YOGA

ME AYUDA



A ESTAR

TRANQUILO



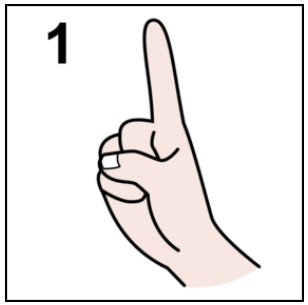
PARA HACER

YOGA

NECESITAMOS

ANA
ASOCIACIÓN NAVARRA DE AUTISMO

SE NECESITA



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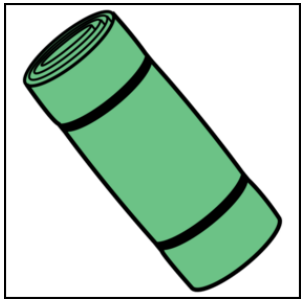

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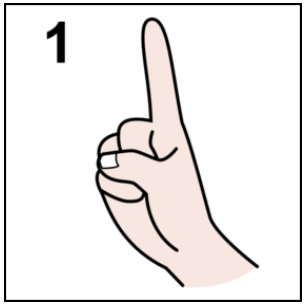

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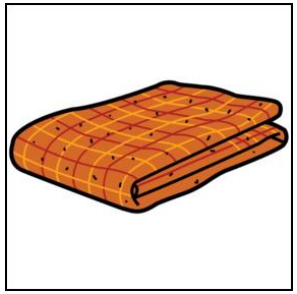
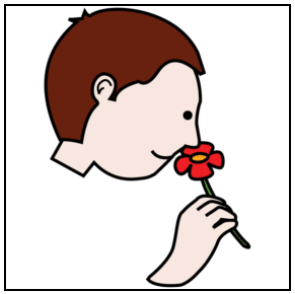


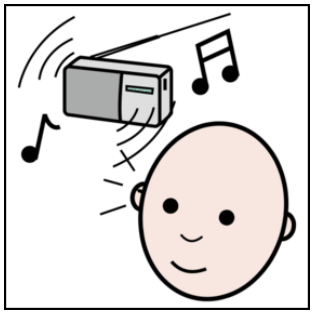
MANTA,

BOLSITAS



QUE HUELEN,

COJINES



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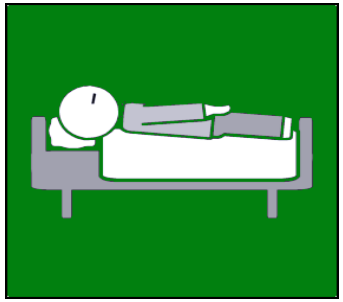
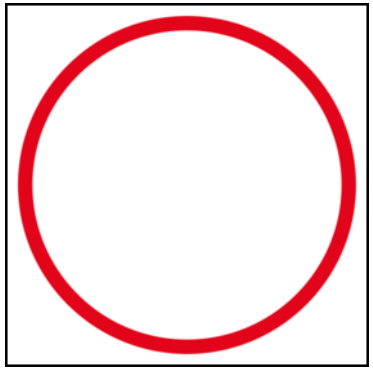


RELAJANTE

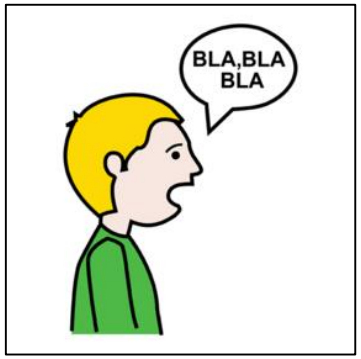
ANA
ASOCIACIÓN NAVARRA DE AUTISMO

NOS SENTAMOS



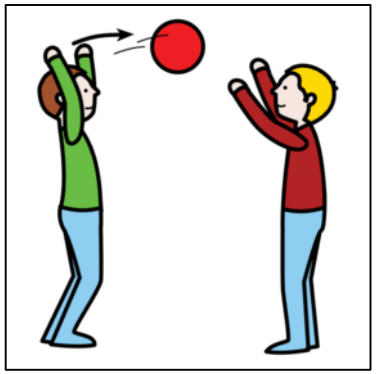
EN CÍRCULO

COMO
LOS INDIOS



Y DECIMOS

NUESTRO
NOMBRE



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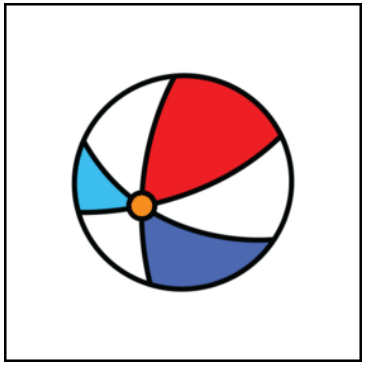
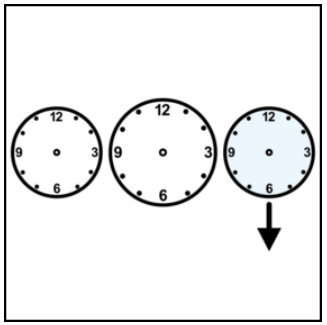


LA PELOTA

ANA
ASOCIACIÓN NAVARRA DE AUTISMO



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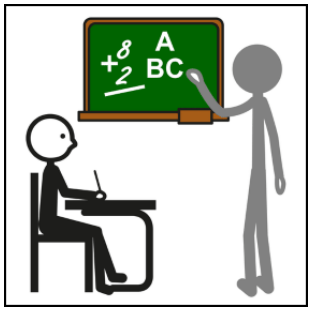

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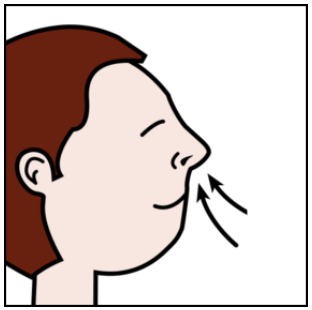

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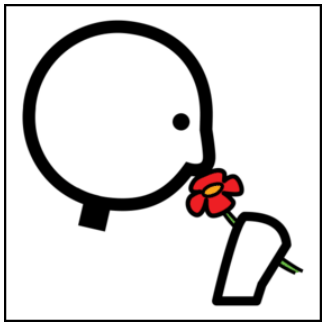

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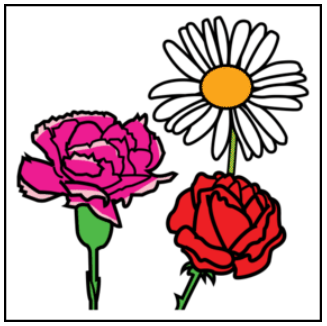
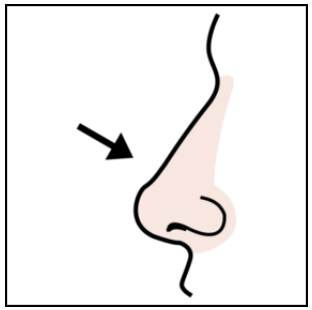


FLORES



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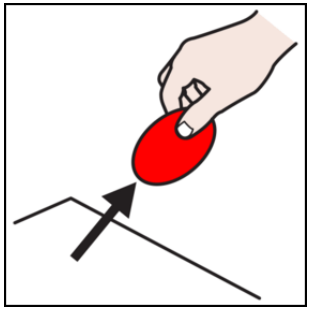

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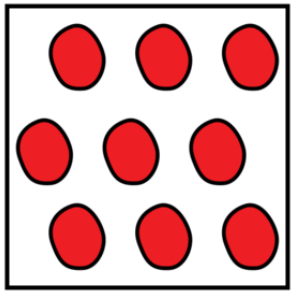

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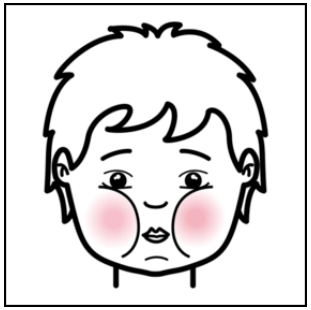

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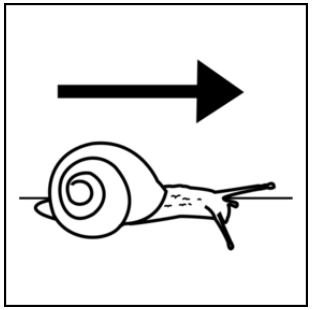
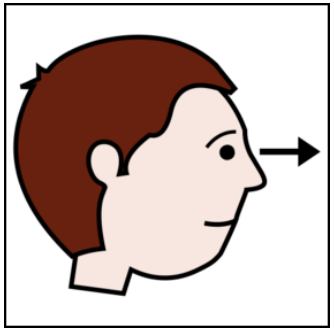


MUY DESPACITO

ANA
ASOCIACIÓN NAVARRA DE AUTISMO



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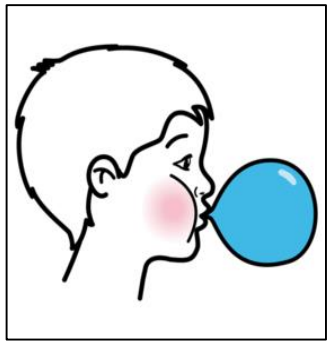
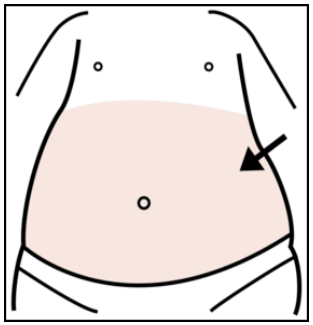


COMO
SE HINCHA



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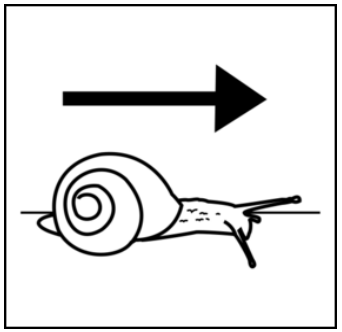
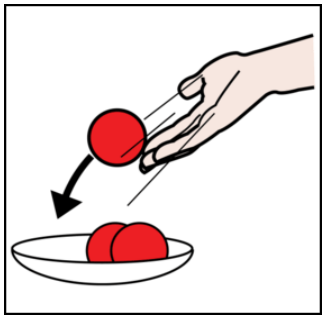


Y DESPACIO



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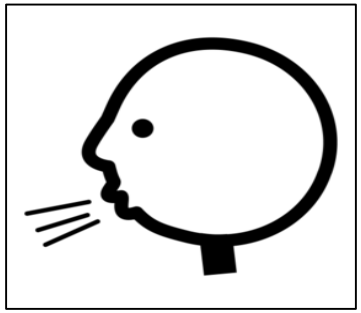

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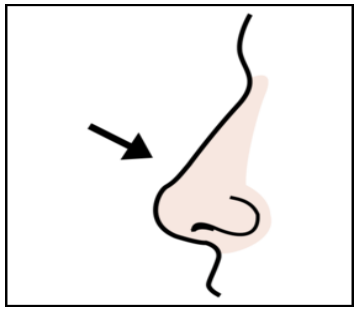
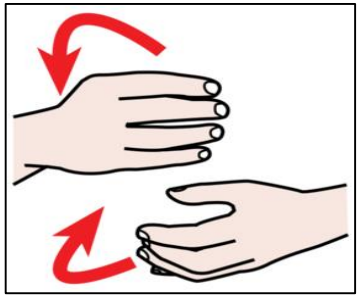


POR LA NARIZ.



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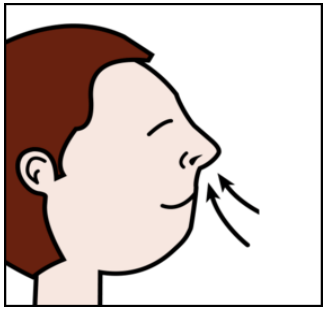

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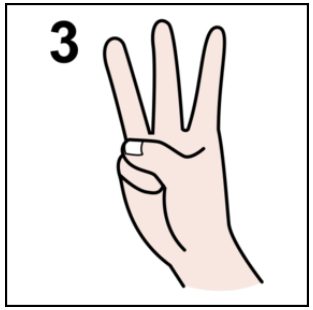
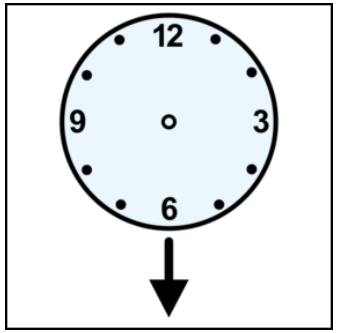


TRES VECES

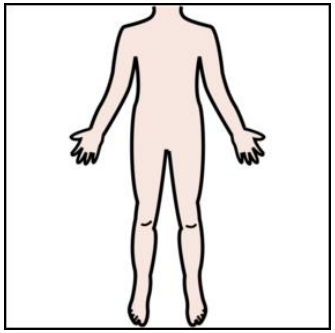
Elaborado con pictogramas de Arasaac y Picto Selector por Tamara Mendoza Cedeño info.ana@autismonavarra.com www.autismonavarra.com
http://laalegriamudademario.blogspot.com.es/

ANA
ASOCIACIÓN NAVARRA DE AUTISMO



AHORA

CALENTAMOS



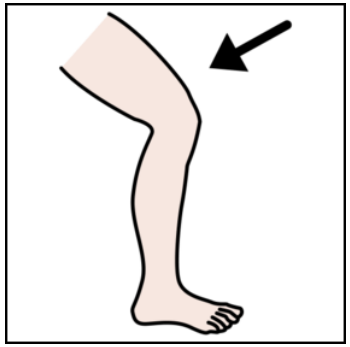
EL CUERPO

HACIENDO

EL HELICÓPTERO

ANA
ASOCIACIÓN NAVARRA DE AUTISMO

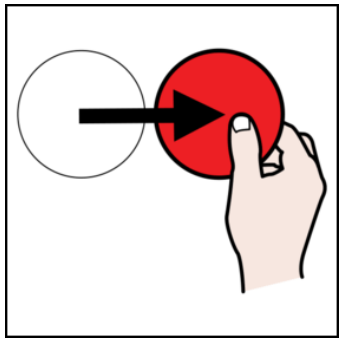
CALENTAMOS



LA PIERNA,

COMO ABRAZANDO

A UN BEBÉ



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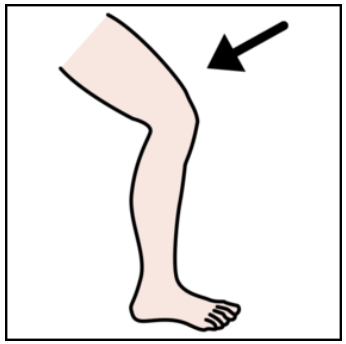
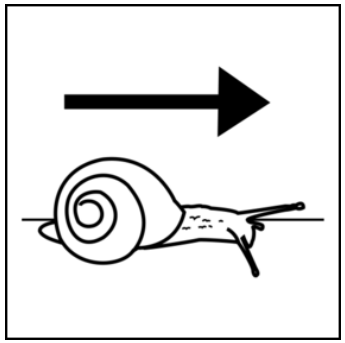


LA PIERNA

ABRAZADA



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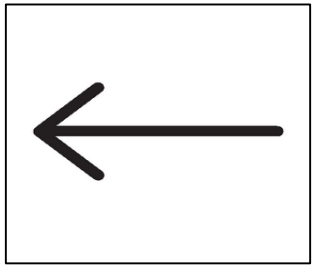

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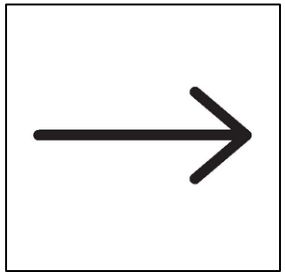

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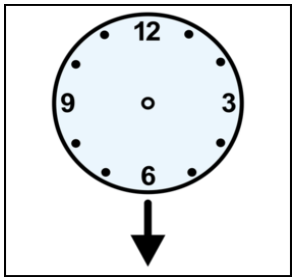

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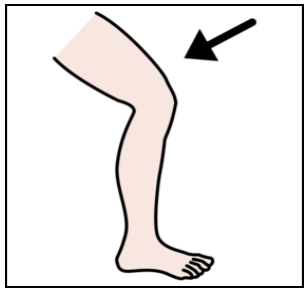

LA OTRA PIERNA

Elaborado con pictogramas de Arasaac y Picto Selector por Tamara Mendoza Cedeño info.ana@autismonavarra.com www.autismonavarra.com
http://laalegriamudademario.blogspot.com.es/

ANA
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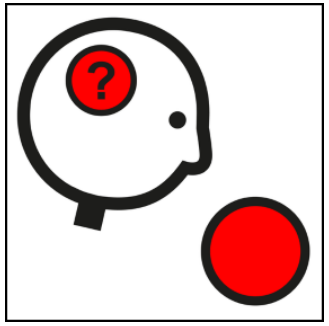
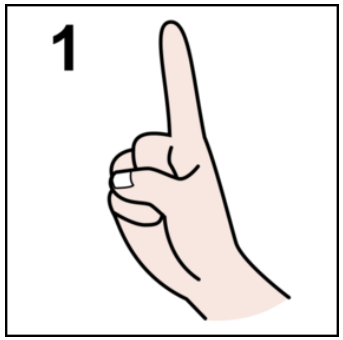


QUE NOS SE
ME OLVIDEN

LOS ABRAZOS

BAILO

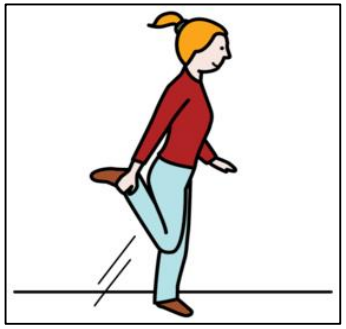


CON UN

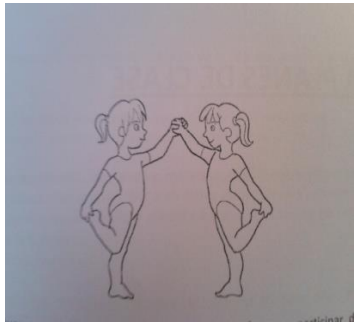
COMPAÑERO

NOS DAMOS
LA MANO,

SUBIMOS
LOS BRAZOS

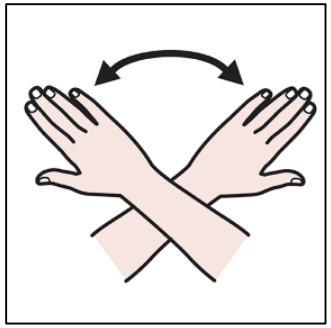


Y NOS AGARRAMOS
EL PIE



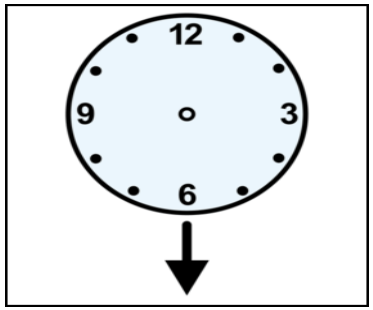
Elaborado con pictogramas de Arasaac y Picto Selector por Tamara Mendoza Cedeño **info.ana@autismonavarra.com** www.autismonavarra.com
http://laalegriamudademario.blogspot.com.es/

ANA
ASOCIACIÓN NAVARRA DE AUTISMO



SE ACABO

CALENTAR



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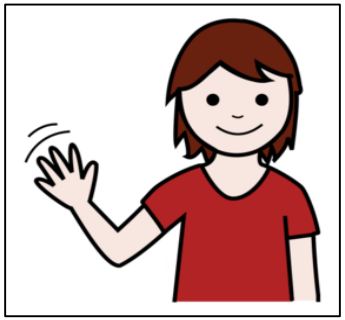
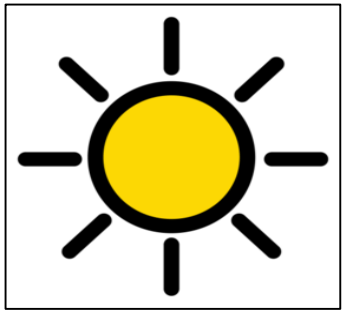
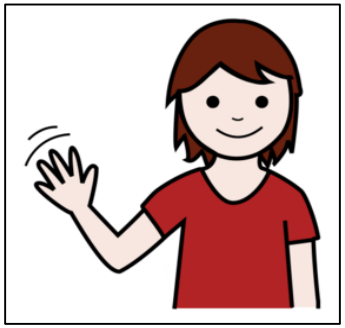


SALUDAMOS



AL SOL

EN YOGA



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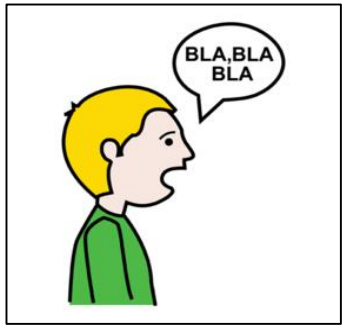

DICIENDO

SURYA NAMASKARA.

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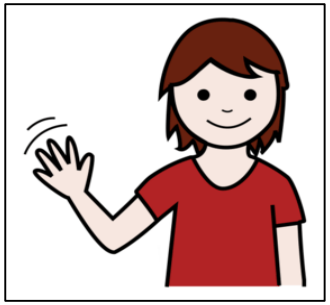
http://laalegriamudademario.blogspot.com.es/

ANA
ASOCIACIÓN NAVARRA DE AUTISMO



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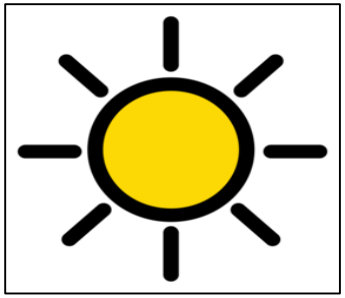

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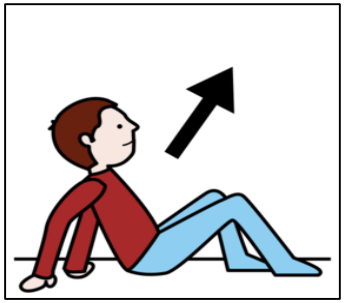

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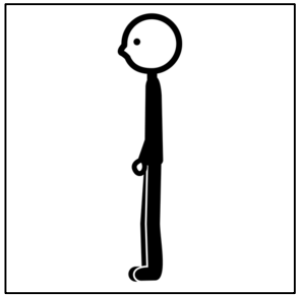

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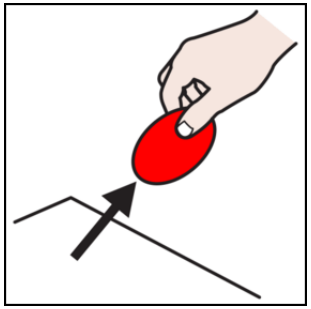

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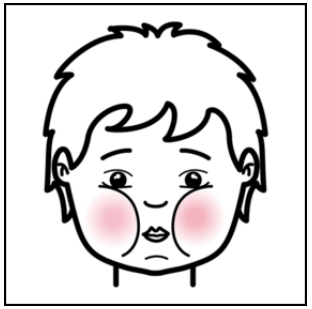

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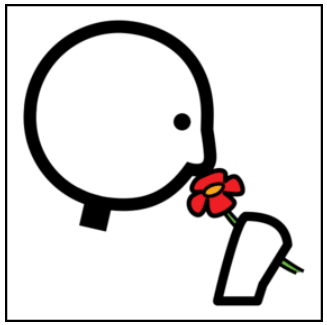

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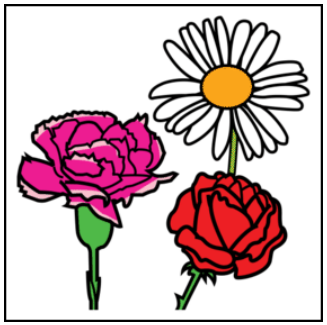
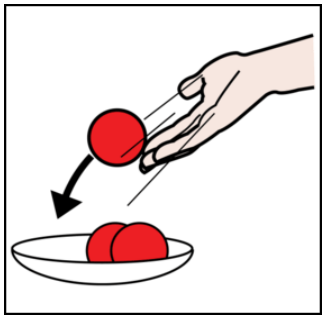


OLIENDO UNA FLOR

SUBO LOS BRAZOS



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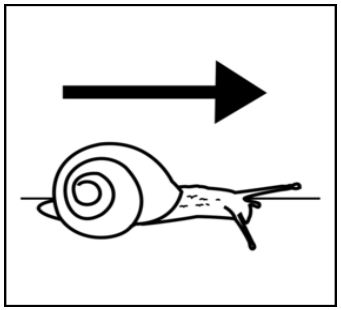

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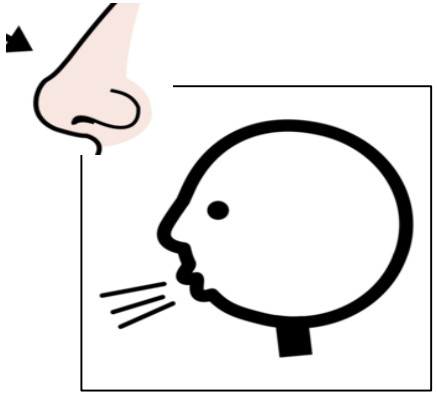

EL AIRE POR LA NARIZ

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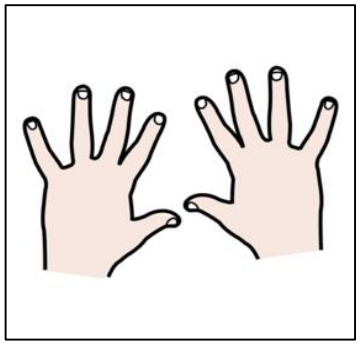
ANA
ASOCIACIÓN NAVARRA DE AUTISMO

TOCO



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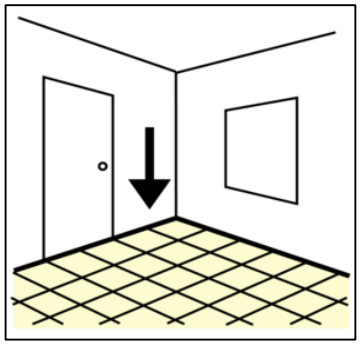

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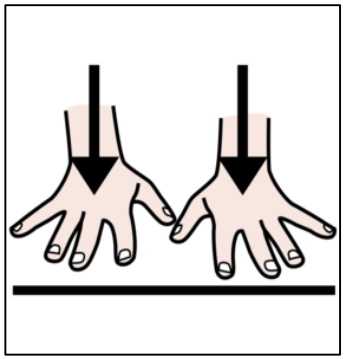

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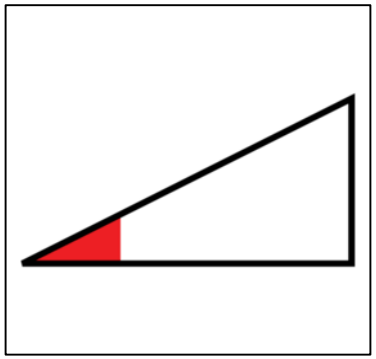

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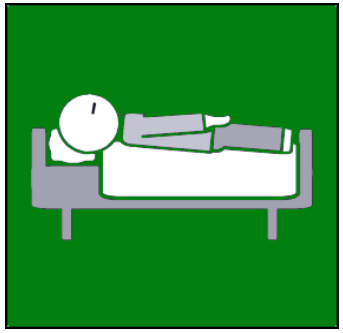
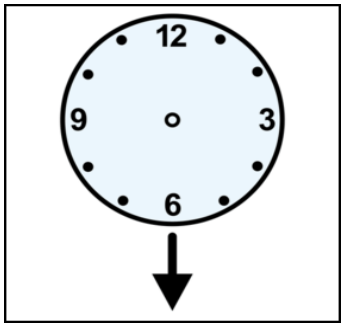


TRANQUILO

ANA
ASOCIACIÓN NAVARRA DE AUTISMO



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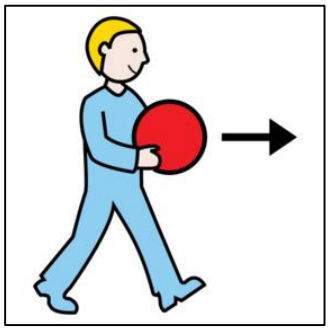

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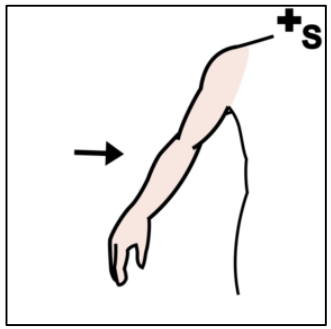

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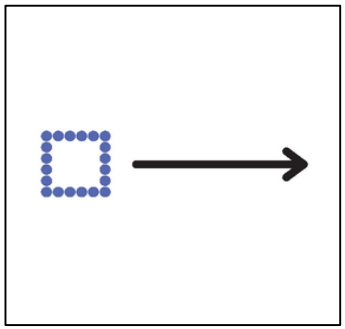

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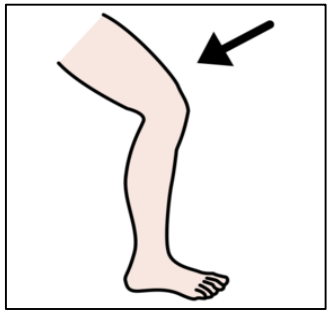

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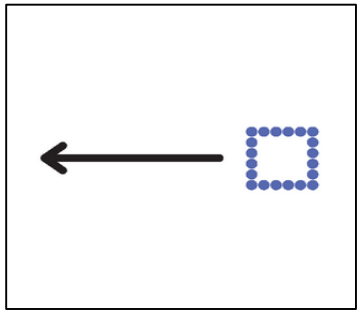

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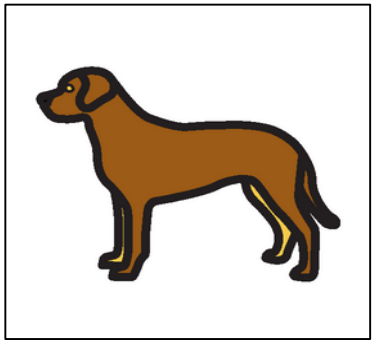
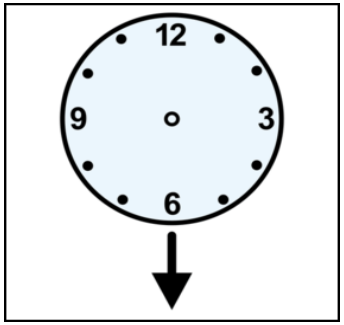


COMO SI FUERA UN PERRO

ANA
ASOCIACIÓN NAVARRA DE AUTISMO



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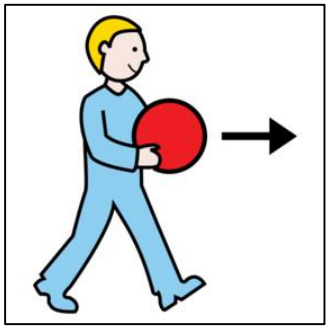

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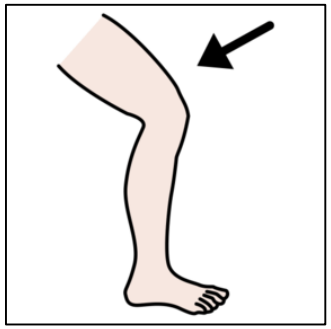

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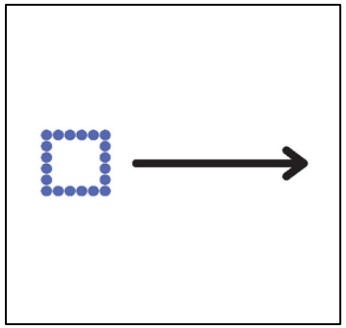

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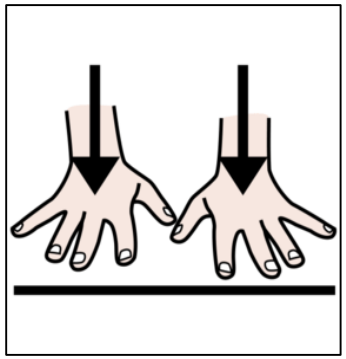

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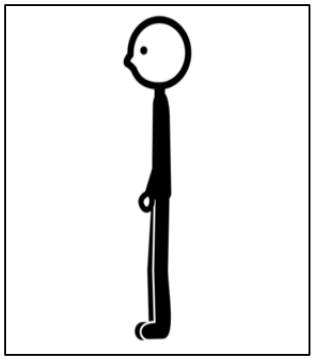

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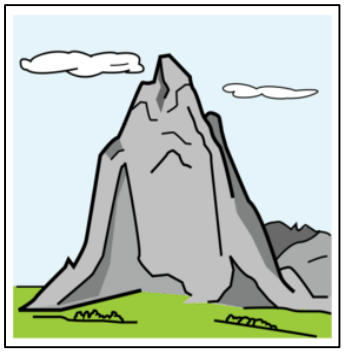

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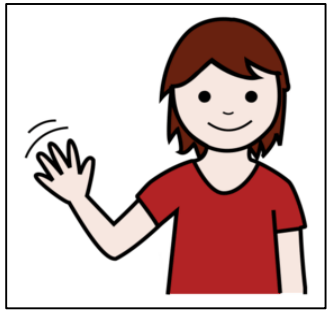

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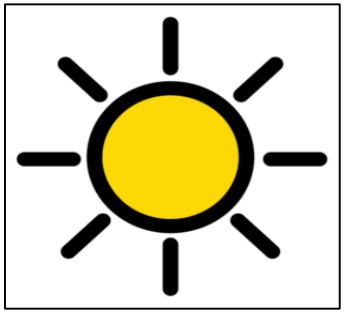

AL SOL

SURYA NAMASKARA.

DOS VECES

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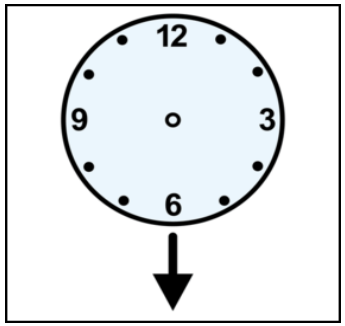
ANA
ASOCIACIÓN NAVARRA DE AUTISMO



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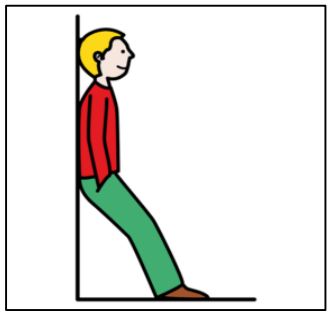

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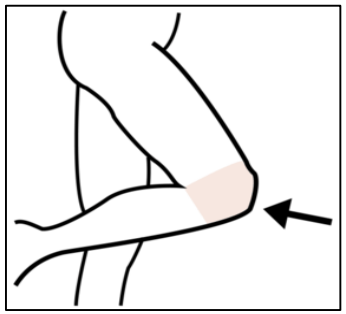

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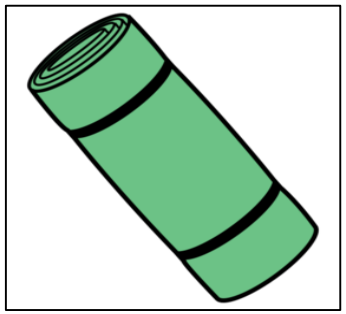

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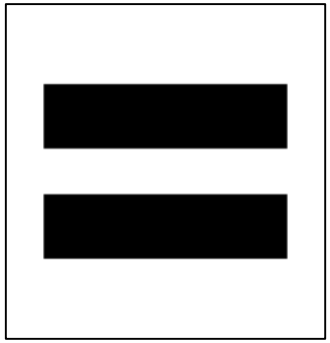

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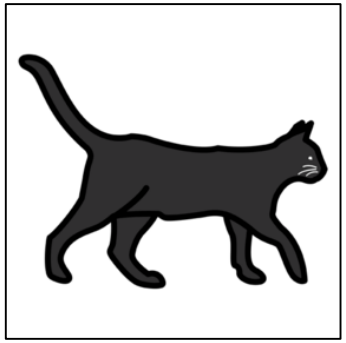
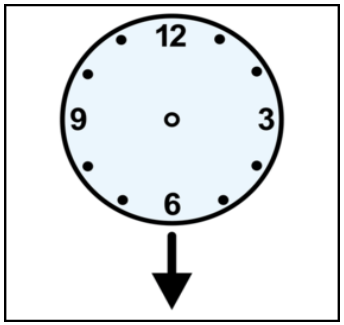


QUE UN GATO

MOVIENTO LA ESPALDA

ANA
ASOCIACIÓN NAVARRA DE AUTISMO



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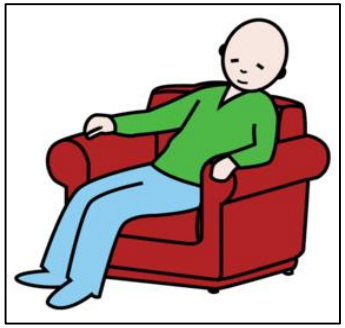

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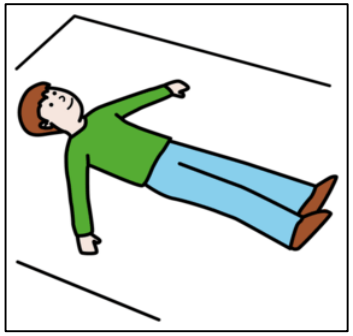
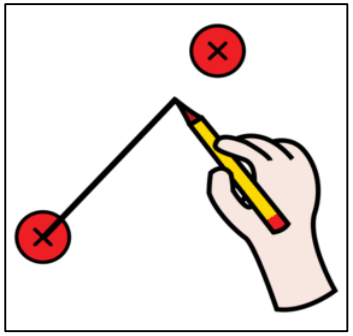


NOS TUMBAMOS

CON UN COMPAÑERO



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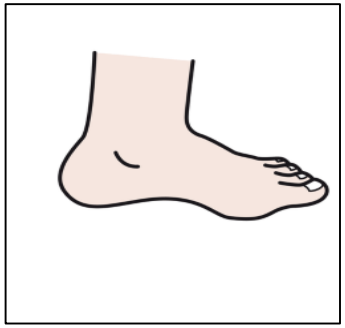
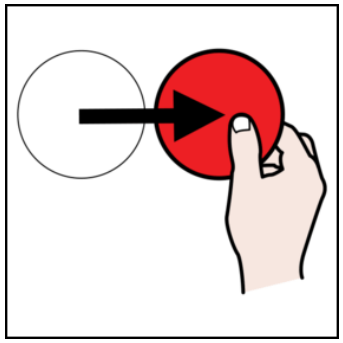


LOS PIES

ASÍ.



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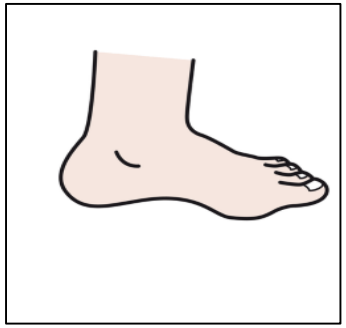

LOS PIES

COMO LAS OLAS DEL MAR

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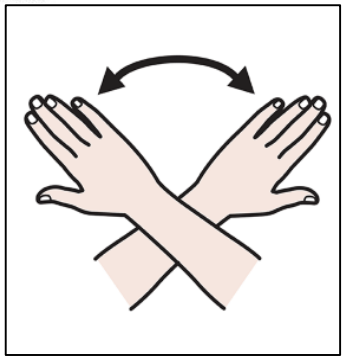
ANA
ASOCIACIÓN NAVARRA DE AUTISMO



PARA ACABAR

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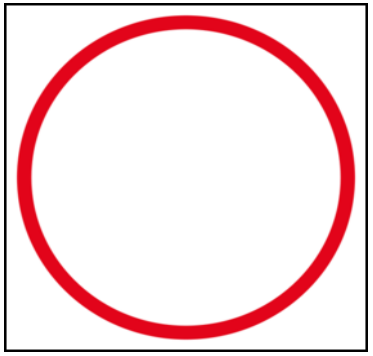
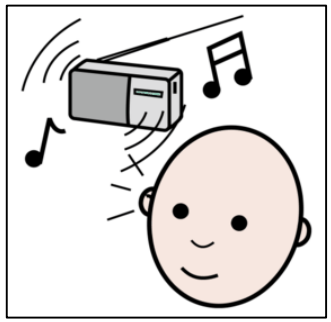


EN CÍRCULO

COMO
LOS INDIOS



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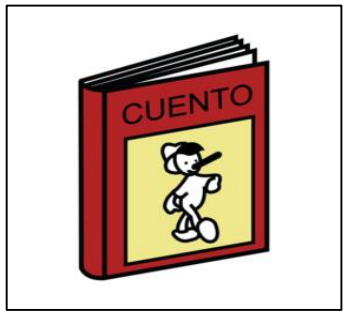
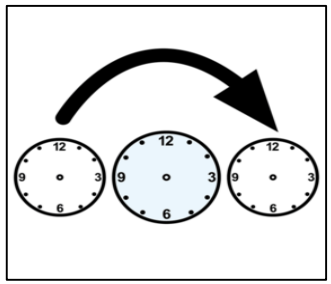
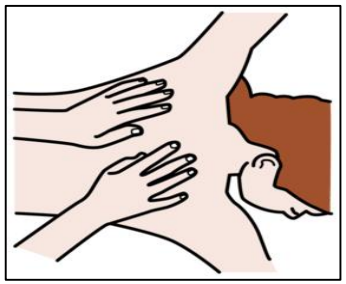


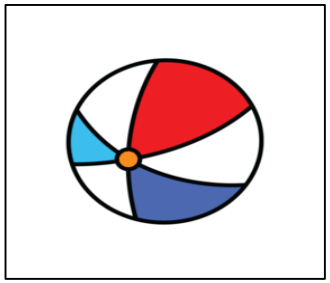
UN CUENTO,



MIENTRAS



ME DAN UN MASAJE



CON UNA PELOTA

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