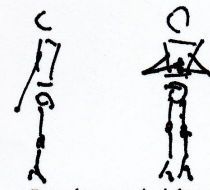
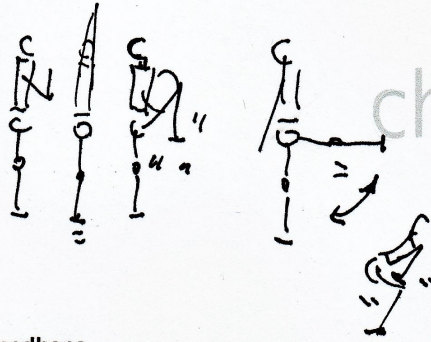


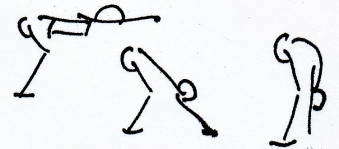
Samasthiti + série pavanmuktan
(étirements—rotations—flexions)

Cours séquentiel 3



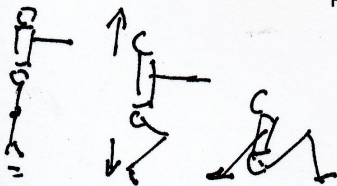
Dandasana-le bâton dressé

+ prosternations



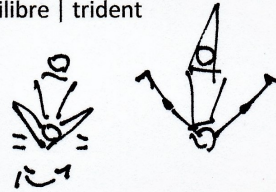
nadi sodhana

se rasseoir



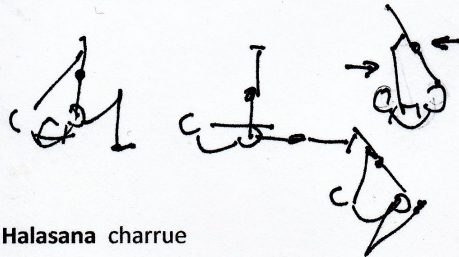
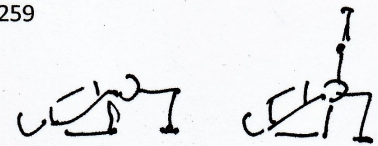
Pilier de lumière YS251

Papillon en équilibre | trident



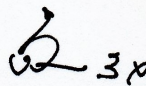
Setubandhasana pont

YS 259



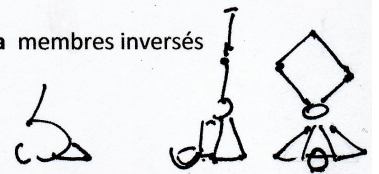
Halasana charrue
YS 269

roulades

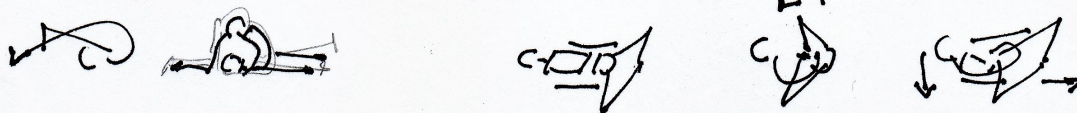


Sarvangasana membres inversés

YS 279

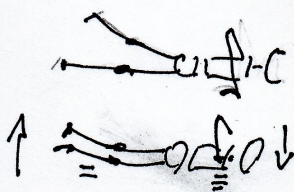


pada anghustha mukha sparsha YS245



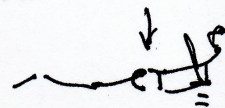
Shalabhasana

Sauterelle YS 339-343



Bhujangasana serpent

YS 347

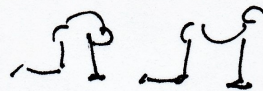


Dhanurasana

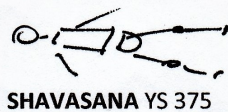
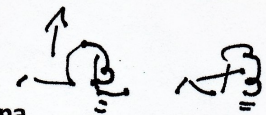
arc YS 351



Chat
Marjari asana



Lièvre
shashankasana



SHAVASANA YS 375



scopette
5 mai 2020