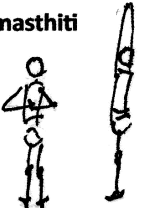
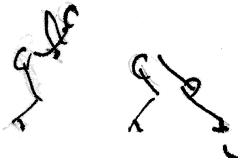


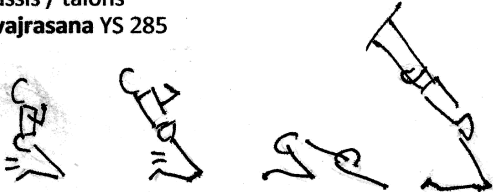
Samasthiti



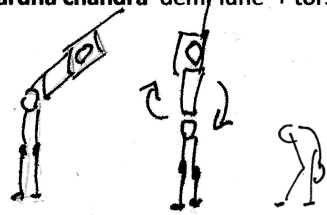
shutarmurgasana-
L'autruche



assis / talons
vajrasana YS 285



ardha chandra demi-lune + torsion



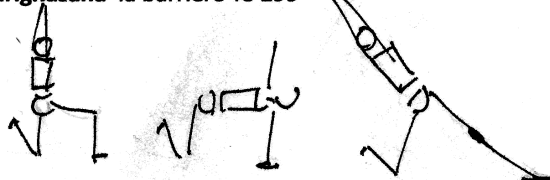
nadi sodhana



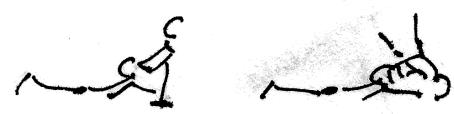
ushtrasana—le chameau



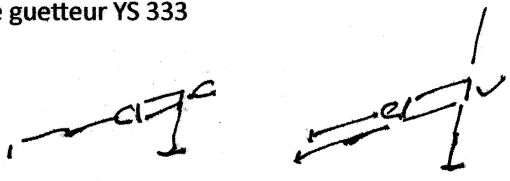
parighasana la barrière YS 299



chatakasana oiseau céleste
YS 291



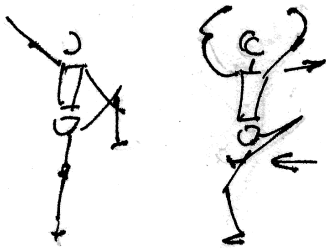
hasta-padasana
Le guetteur YS 333



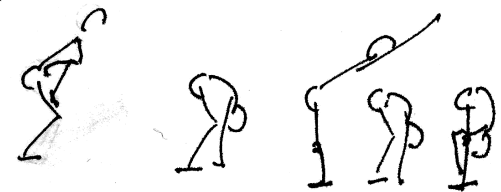
Gajasana—l'éléphant YS 89



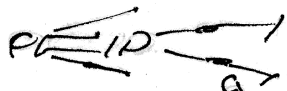
Shiva Tandavasana
danse de Shiva YS 111



uddiyana retrait de l'abdomen
YS 35



Shavasana—so-ham



shitali / shiktari
YS 34



Leopette
25 mai 2020

bonheur?
malheur?
shiva danse !

