

PRATIQUE DE VINYASA YOGA

5x 1/4 SALUTATION A
 5x 1/2 SALUTATION A
 5x 3/4 SALUTATION A
 2x 3/4 SALUTATION B



TADASANA



PADANGUST-



UTTHITA
ASANA TRIKONASANA



PARSVA-
KONASANA



PRASARITA 1 ET 2



VINYASA



VIRABHADRASANA

A



VIRABHADRASANA

B



BALASANA



UTKATASANA



VRKSASANA



VINYASA



SALABHASANA



BALASANA



DANDASANA



PASCHIMOTTANASANA



PRÉPARATION
PURVOTTANASANA



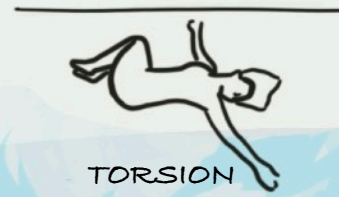
ÉTIREMENT DU
FESSIER



JANU
SIRSASANA



EKA PADA PAVANA
MUKTASANA



TORSION



SAVASANA