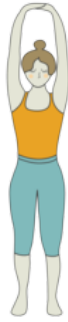


Pratique à la maison - debout 1



Tadasana



Urdhva Hastotanasana



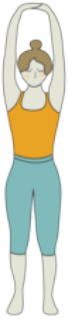
Tadasana



Urdhva Hastotanasana



Parsva Bhanga



Urdhva Hastotanasana



Parsva Bhanga



Urdhva Hastotanasana



Tadasana



Urdhva Hastotanasana



Hasta Uttanasana



Tadasana



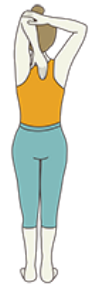
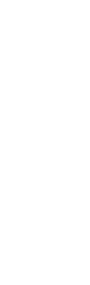
Tadasana Paschima Baddha
Hastasana



Tadasana



Tadasana



Tadasana



Tadasana Twist Arms Shoulder
Level Spread Out



Tadasana Twist Arms Shoulder
Level Spread Out



Tadasana



Parsva Bhanga



Parsva Bhanga



Tadasana



Parsva Bhangi



Parsva Bhangi



Tadasana



Ardha Padma Uttanasana
Variation



Urdhva Uttanasana



Tadasana



Utkatasana Arms Forward



Tadasana



Malasana



Tadasana



Baddha Parivrtta Malasana



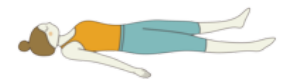
Baddha Parivrtta Malasana



Tadasana



Ardha Padma Uttanasana
Variation



Savasana