



Yoga pour les règles 1

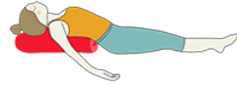
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Supta Virasana With
Blankets



Supta Baddha Konasana
Bolster



Matsyasana Bolster



Supta Padangusthasana
Variation Strap Block
Blanket



Balasana Bolster



Balasana Variation Both
Arms To Side



Baddha Konasana
Uttanasana



Janu Sirsasana



Ardha Baddha Padma
Paschimottanasana



Ardha Baddha Padma
Paschimottanasana With
Bolster And Blanket



Marichyasana C



Upavistha Konasana
Blankets Blocks



Siddhasana



Virasana



Padmasana



Baddha Konasana Blocks



Gomukhasana



Gomukhasana Arms Close
Up