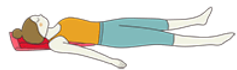




Yoga pour les règles 2



Savasana Blanket



Bitilasana Marjaryasana



Bharmanasana Wrist
Stretch



Uttana Shishosana



Bhujangasana With Bolster
Under Chest



Anjaneyasana Hands To
Knee



Utkata Konasana Variation
Namaste



Utkata Konasana Variation
Hands Forward Bend



Prasarita Padottanasana
Head On Block



Vajrasana Variation On
Toes



Balāsana Bolster



Baddha Konāsana Blocks



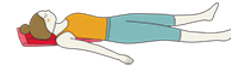
Gomukhasana



Setu Bandha Sarvangāsana
On Blocks



Savasana Bent Legs Upper
Body On Bolster



Savasana Blanket