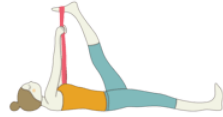
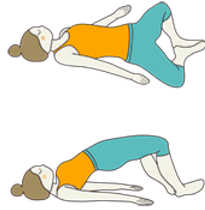




Yoga pour les règles 3

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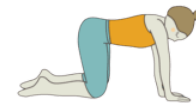


Supta Padangusthasana A
Straps

Supta Padangusthasana A
Straps

Ardha Matsyendrasana
Variation Hand Up Leg

Ardha Matsyendrasana
Variation Hand Up Leg



Janu Sirsasana

Janu Sirsasana

Paschimottanasana

Bharmanasana



Tri Pada Adho Mukha Svanasana



Ashta Chandrasana



Virabhadrasana II



Utthita Parsvakonasana



Utthita Parsvakonasana Variation Arm Straight Up



Virabhadrasana II



Tri Pada Adho Mukha Svanasana



Ashta Chandrasana



Virabhadrasana II



Utthita Parsvakonasana

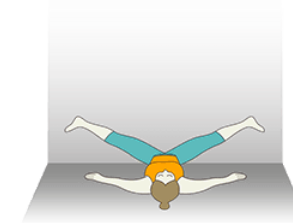


Utthita Parsvakonasana Variation Arm Straight Up





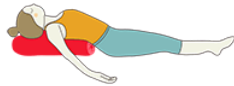
Virabhadrasana II



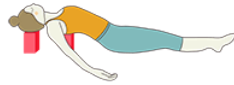
Wall Upavistha Konasana



Wall Baddha Konasana



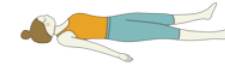
Matsyasana Bolster



Matsyasana Blocks Knees
Positions



Supta Baddha Konasana



Savasana