



Yoga pour les règles abondantes

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Paschimottanasana



Janu Sirsasana



Janu Sirsasana



Parivrtta Janu Sirsasana



Parivrtta Janu Sirsasana



Ardha Padmasana



Supta Baddha Konasana
Bolster



Supta Baddha Konasana



Upavistha Konasana



Siddhasana



Padmasana



Vajrasana



Virasana



Gomukhasana



Gomukhasana



Utthita Trikonasana



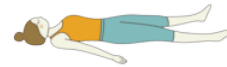
Utthita Trikonasana



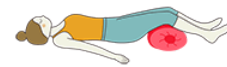
Ardha Chandrasana



Ardha Chandrasana



Savasana



Savasana Variation Bolster