



Yoga pour les règles - soulagement



Nadi Shodhana



Supta Matsyendrasana II



Supta Baddha Konasana



Supta Padangusthasana
Variation Strap



Bitilasana Marjaryasana



Ustrasana



Supta Virasana

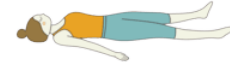




Parsva Urdhva Hastasana



Malasana



Savasana