



Yoga réparateur pour les règles

Yoga Aérien
www.yogaaerien.be



Bitilasana Marjaryasana
With Leg To Side



Baddha Konasana
Arms Behind



Parivrtta Baddha
Konasana



Parivrtta Baddha
Konasana



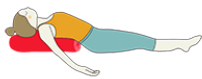
Ardha Baddha Padma
Paschimottanasana
With Bolster And
Blanket



Balasana Bolster



Supported Bhekasana
Chest Bolster



Matsyasana Bolster



Supta Baddha
Konasana Bolster



Upavishta Konasana
Bolsters



Supta Baddha
Konasana

