



# Yoga à faire pendant les règles

Yoga Aérien  
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Sukhasana Neck Side Stretch



Sukhasana Neck Rotation



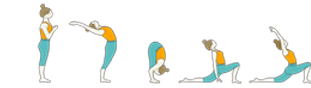
Upavistha Golf Chakra



Upavistha Pawanmuktasana



Pawanmuktasana



Chandra Namaskar Variation D



Bitilasana Marjaryasana Balasana Vinyasa



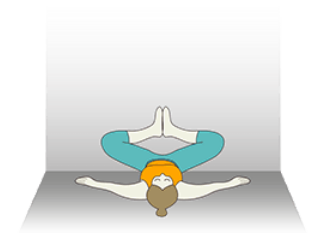
Paschimottasana Blanket  
Under Knees



Viparita Karani Variation A



Wall Malasana



Wall Baddha Konasana



Supta Baddha Konasana  
Bolster Under Knees



Bhramari Pranayama

