

Urdhva hasta padasana (jambes contre le mur)

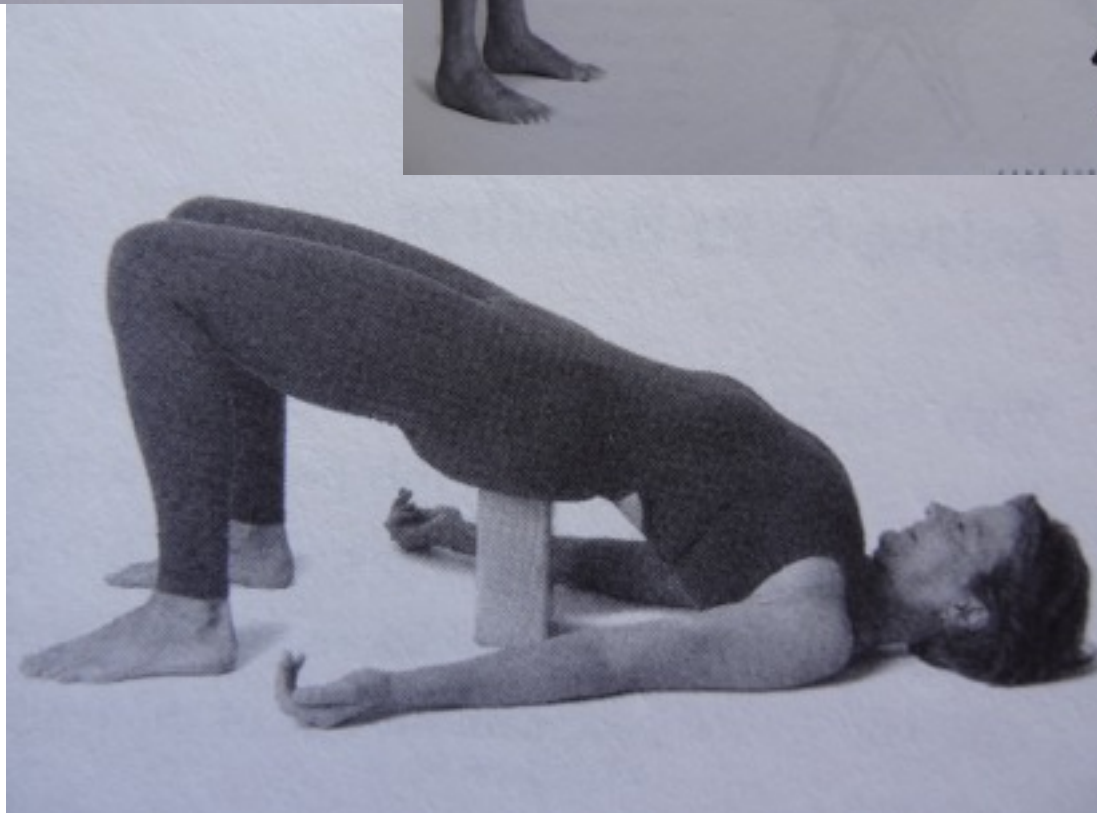
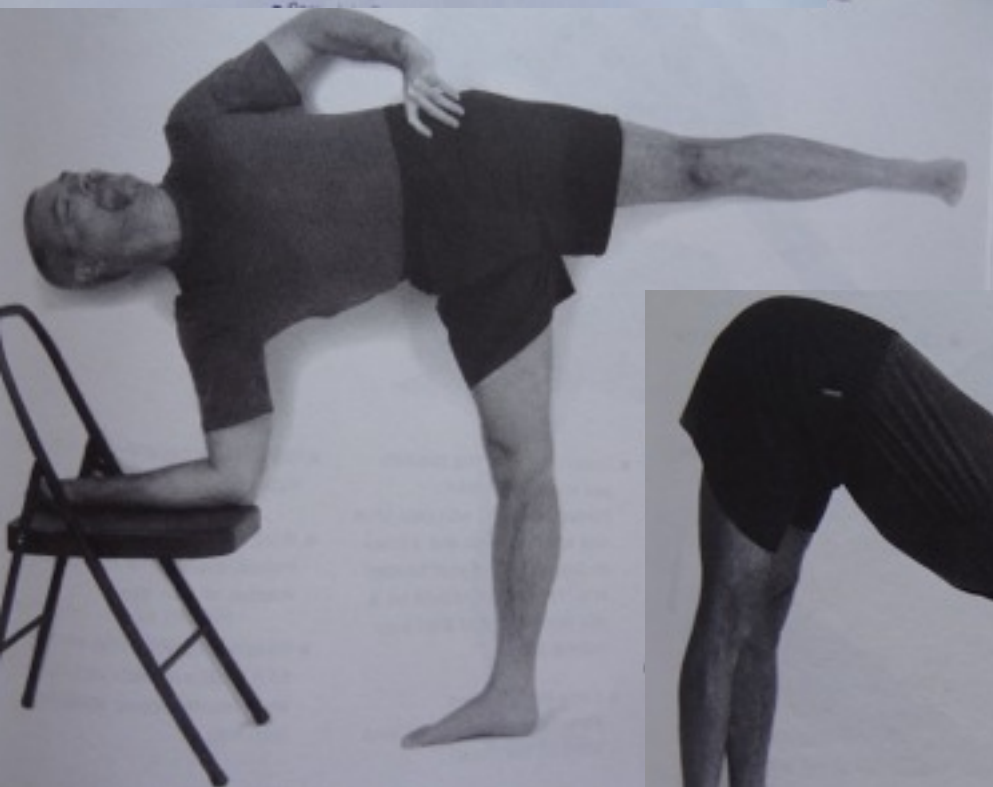
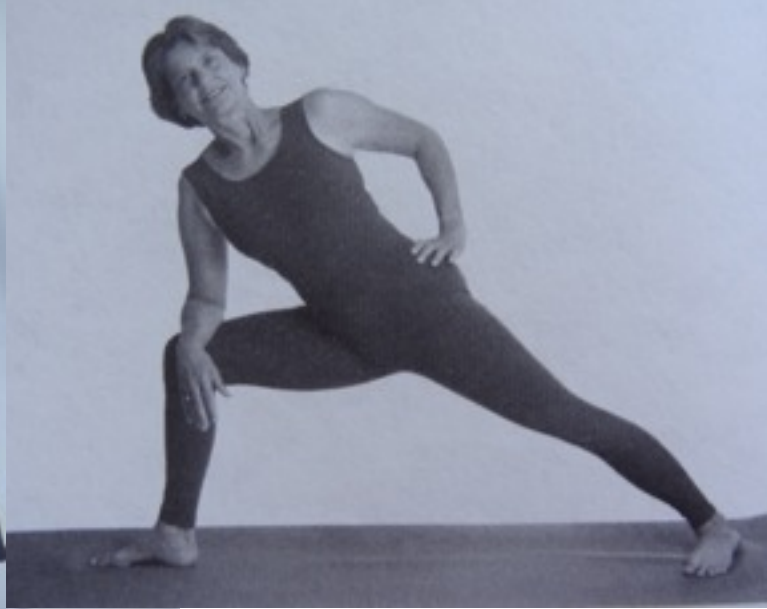


Supta padangusthasana 1



Supta padangusthasana 2





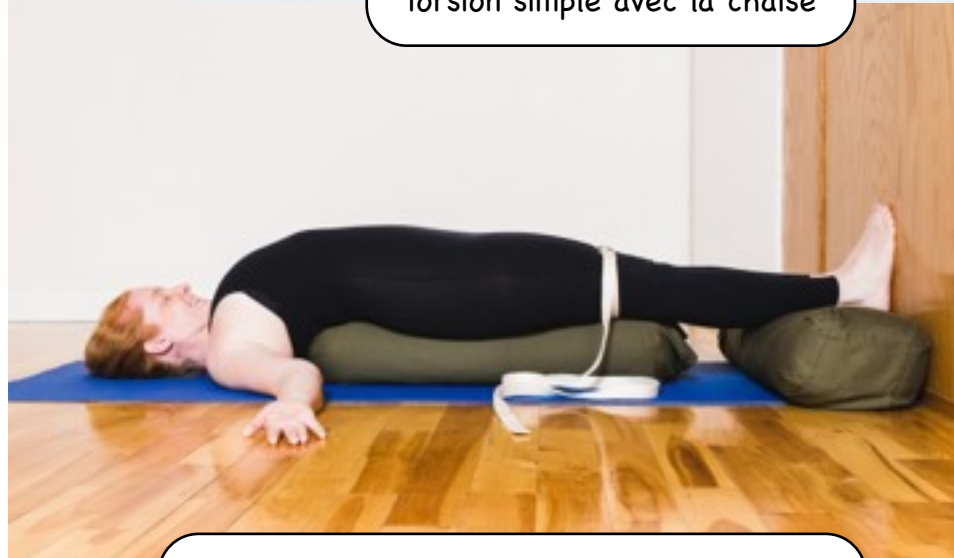
Adaptation Parivritta trikonasana



Torsion simple avec la chaise



Adaptation Parivritta parsvakonasana



Pour remplacer sarvangasana (La chandelle)

