

# PRATIQUE PERSONNELLE - 6



1 Adho Mukha Virasana  
30 secs. to 1 min.



2 Adho Mukha Śvanāsana  
1-3 minutes



3 Utrānāsana  
1-3 minutes



4 Pārśvottānāsana  
2 x



5 Prasārita Pādōtānāsana  
1 x



6 Sālamba Śīrṣāsana  
(optional)  
1-5 minutes



7 Sālamba Sarvāṅgāsana  
3-8 minutes



8 Halāsana  
1-3 minutes



9 Dhanṁāsana  
1-3 minutes



10 Upaviṣṭa Koṅṭāsana  
1-3 minutes



11 Pārśva Upaviṣṭa Koṅṭāsana  
(upright twist)  
1 minute



12 Pāścīmatānāsana  
1-3 minutes



13 Baddha Koṅṭāsana  
1-3 minutes



14 Jānu Śīrṣāsana  
2 x



15 Pavanmuktāsana  
1 x



16 Catuṣpādāsana  
2 x



17 Śavāsana  
(with support under knees)

Pour remplacer 6 :



7 Adho Mukha Śvanāsana  
2 x



9 Urdhva Prasārita Pādāsana  
(resting version: legs up wall,  
back flat on floor)  
stay quietly for 5 minutes

Pour remplacer 7 et 8



8 Catuṣpādāsana  
2 x



9 Urdhva Prasārita Pādāsana  
(resting version: legs up wall,  
back flat on floor)  
stay quietly for 5 minutes

Les supports (coussin, couvertures, briques, sangles) sont fait pour rendre les postures accessibles.

