

PRATIQUE PERSONNELLE - 8



1 Adho Mukha Virasana
(head supported/resting)
1-3 minutes



2 Adho Mukha Śvanāsana
(head supported/resting)
1-3 minutes



3 Uttanāsana
1 x



4 Prasārita Pādottānāsana
(head supported on floor or
block)
1-3 minutes



5 Sālamba Śīrṣāsana
1-5 minutes



6 Chair Sarvāṅgāsana or Setu
Bandha (over bolster)
1-3 minutes



7 Supta Baddha Koṅāsana
(supported)
5-8 minutes



8 Supta Virāsana
(supported)
5-8 minutes or as long
as comfortable



9 Pāścimattānāsana
(head supported)
1-3 minutes



10 Śavāsana
5-10 minutes or as
time permits



7 Adho Mukha Śvanāsana
2 x

Pour remplacer 6



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



8 Catuṣpādāsana
2 x