

# PRATIQUE PERSONNELLE - 9



Tadasana



Urdhva  
Baddhangulyasana



Vrksasana



Utthita  
Trikonasana



Virabhadrasana II



Virabhadrasana I  
préparation



Virabhadrasana I



Parsvottanasana  
dos concave



Uttanasana



Adho Mukha Svanasana  
mains contre mur



Adho Mukha Virasana



Ekapada Pavana Muktasana



Pavana  
Muktasana



Urdhva Prasarita Padasana  
avec sangle



Urdhva Prasarita  
Padasana



Salamba Sarvangasana  
pieds contre mur

ou



Paschimottanasana

ou



Adho Mukha Virasana



Savasana

