



OM



Svastikasana



Adho Mukha Virasana



Adho Mukha Svanasana



Uttanasana Coudes Croisés



Tadasana



Urdhva Hastasana



Utkatasana



Vrksasana



Utthita Trikonasana



Virabhadrasana II



Utthita Parsvakonasana



Ardha Chandrasana



Parsvottanasana



Prasarita Padottanasana



Salamba Sirsasana



Dandasana



Virasana



Parvatasana en Virasana



Padangustha Upavista Konasana



Dandasana



Chattushpadasana



Salamba Sarvangasana



Halasana



Savasana

Semaine 1
Postures debout
Uttistha Sthiti