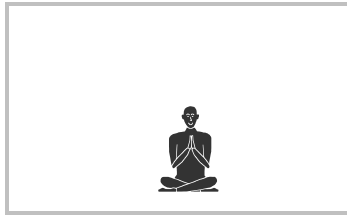


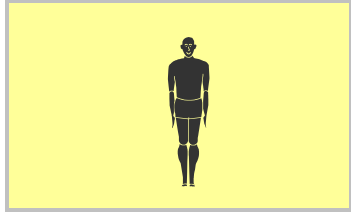
Semaine 3
Salutation au soleil & Postures vers l'arrière
Surya Namaskar & Purva Pratana Sthiti



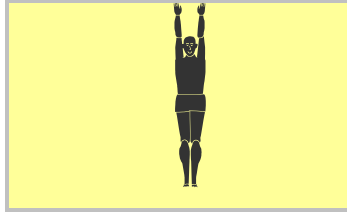
OM



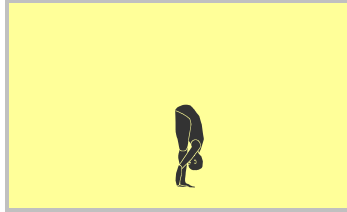
Svastikasana



Tadasana



Urdhva Hastasana



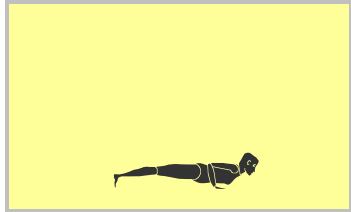
Uttanasana



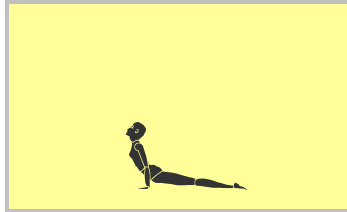
Adho Mukha Svanasana



Urdhva Mukha Svanasana



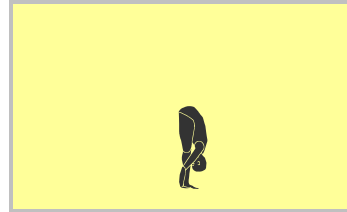
Chatturanga Dandasana



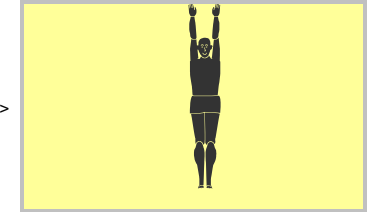
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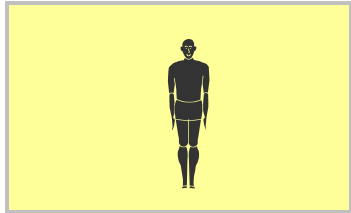
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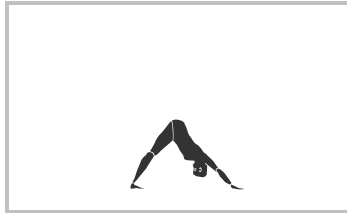
Uttanasana



Urdhva Hastasana



Tadasana



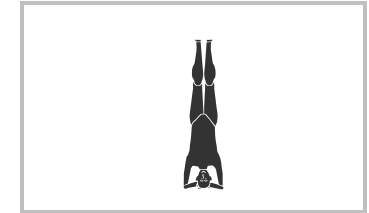
Adho Mukha Svanasana



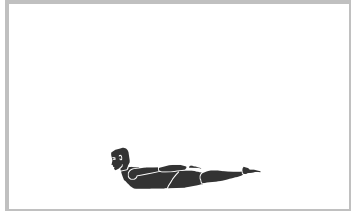
Virabhadrasana I



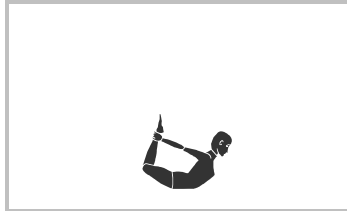
Adho Mukha Svanasana



Salamba Sirsasana



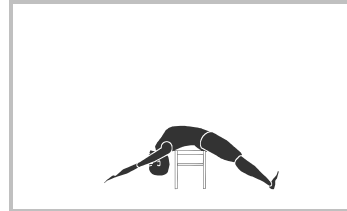
Salabhasana



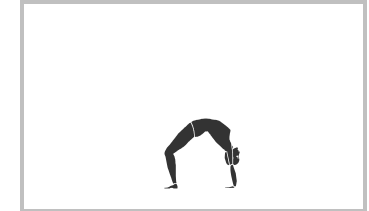
Dhanurasana



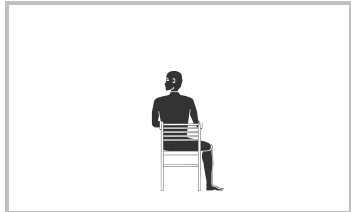
Ustrasana



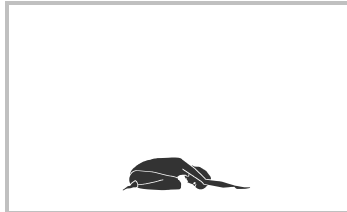
Viparita Dandasana (Supporté)



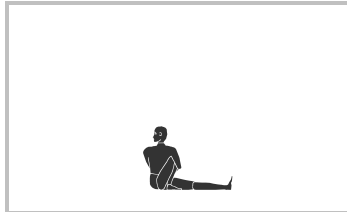
Urdhva Dhanurasana



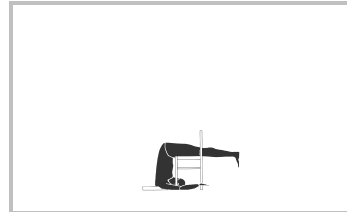
Bharadvajasana (chaise)



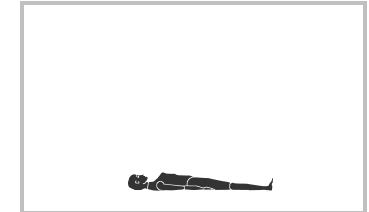
Adho Mukha Virasana



Maricyasana III



Ardha Halasana Supporté



Savasana