

Semaine 2
Postures vers l'avant
Paschima Pratana Sthiti



OM



Svastikasana



Supta Tadasana



Dvi Pada Pavana Muktasana



Supta Padangustasana I



Urdhva Prasarita Padasana



Urdhva Prasarita Padasana



Adho Mukha Virasana



Adho Mukha Svanasana



Uttanasana Coudes Croisés



Utthita Trikonasana



Parsvottanasana



Adho Mukha Svanasana



Uttanasana



Salamba Sirsasana



Dandasana



Triang Mukhaikapada Pascimottanasana



Dandasana



Janu Sirsasana



Dandasana



Maricyasana I



Pascimottanasana



Salamba Sarvangasana



Eka Pada Sarvangasana



Halasana



Jathara Parivartanasana



Savasana