

1 Fœtus, prise de conscience



2 Respiration de purification



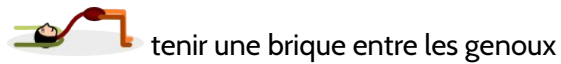
3 Supta baddha konasana
posture couchée de l'angle lié



4 Eka pada pavanamuktasana
posture du dieu des vents



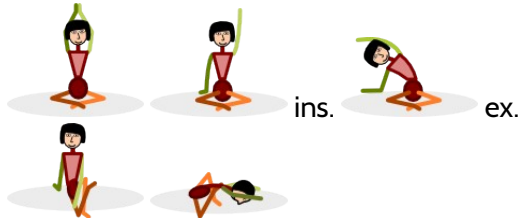
5 Ardha setubandasana
posture du demi-pont



6 Supta padangustasana
posture couchée du gros orteil



7 Parvatasana et variantes
posture de la montagne



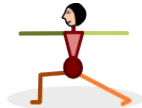
8 Samasthiti
posture de l'attention



9 Utthita trikonasana
posture du triangle



10 Virabhadrasana 2
posture du guerrier



11 Viparita virabhadrasana
posture du guerrier inversé



12 Prasarita padottanasana
posture des pieds écartés



13 Adho mukha svanasana
posture du chien tête en bas



14 Viparita karani
posture de la demi-chandelle



15 Savasana posture du gisant

