DOUX 1



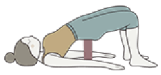
1. Bitilasana Marjaryasana



2. Blocs de Baddha Konasana



3. Setubandha Sarvangasana sur le bloc de couverture



4. Bloc Setubandha Sarvangasana



5. Setubandha Sarvangasana Variation Armement Bloc



6. Setubandha Sarvangasana, variante avec bloc de soutien, jambes tendues



7. Blocs Ustrasana



8. Bloc de variantes de Balasana



9. Variante 1 de Gomukhasana



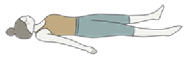
10. Couverture Malasana sous les talons



11. Ardha Matsyendrasana sur la couverture, la main sur le genou



12. Halasana Kandra Couverture Padanguli Traversins



13. Shavasana