Hatha Yoga - Séance type B

Introduction



Adho Mukha Virasana



Salamba Bhujangasana



Variante de Mandukasana



Adho Mukha Shvanasana



Ardha Kapotasana

R.O.S.

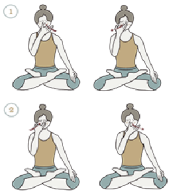


Adho Mukha Shvanasana



Adho Mukha Virasana

Pranayama



Nadi Shodhana

Starting Poses



Tadasana



Surya Namaskar



Tadasana Pavanmuktasana

Namaskarasana



Purvatara Jangha Uttana Tadasana



Ardha Uttanasana les mains sur le sol



Baddha Hasta Uttanasana Prasarita

Padottanasana



Bloc Utthita Trikonasana



Viparita Trikonasana



Virabhadrasana I



Viparita Virabhadrasana

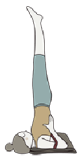


Utthita Parsvakonasana

R.O.S.



Ardha Halasana Pieds sur la chaise



Salamba Sarvangasana avec

couverture et sangle



Ardha Halasana Pieds sur la chaise



Supta Matsyendrasana I

R.O.S.



Shavasana



Variation de Sukhasana : bras et

genoux