

# Flexions arrières et divers du 23 10 23

VENCE YOGA



Sukhasana



Tadasana



Préparation de Parsvottanasana avec  
backbend



Baddha Hasta Utthita Stiti Salabhasana



Hasta Uttanasana



Variation classique Surya Namaskar F



Adho Mukha Svanasana



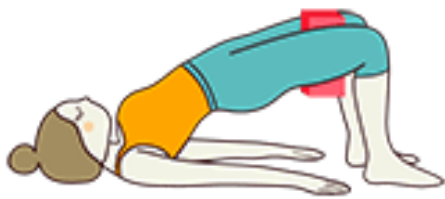
Urdhva Mukha Svanasana Adho Mukha Svanasana Vinyasa



Tri Pada Adho Mukha Svanasana



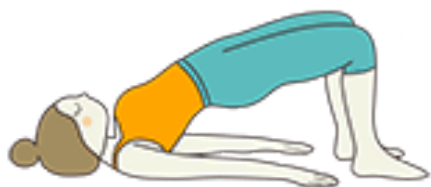
Adhomukha Virasana



Bloc de variation Setubandha Sarvangasana



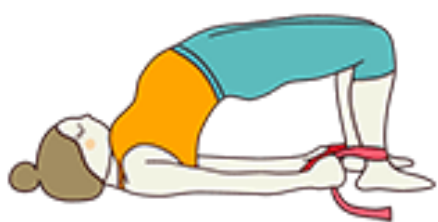
Variation Setubandha Sarvangasana Bloc mains levées



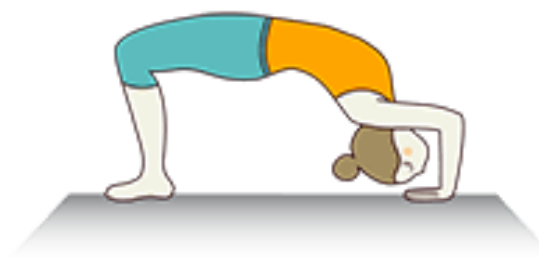
Setubandha Sarvangasana



Eka Pada Setubandha Sarvangasana



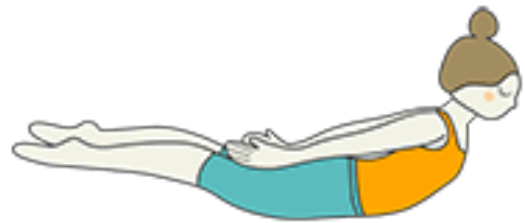
Chatush Padasana avec sangle



Préparation à Urdhva Dhanurasana



Salabhasana jambes sur le sol



Salabhasana



Salabhasana les mains derrière la tête



Bhujangasana Vinyasa



Salabhasana Variation sur une jambe et un bras au sol



Variation Eka Pada Dhanurasana



Sangle Dhanurasana



Dhanurasana



Blocs Ustrasana



Ustrasana



Anjaneyasana



Chandra Namaskar Variation F



Baddha Hasta Uttanasana



Sirsasana Prep Sirsa Plancher Variation  
Blocs Mur

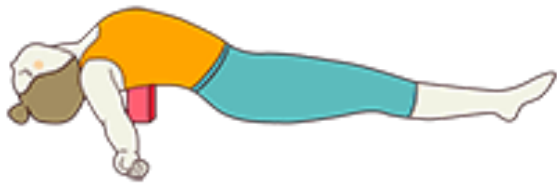


Ardha Pawan Muktasana avec sangle



Ardha Pawanmuktasana Sangle à la poitrine





Matsyasana bloque le haut du dos



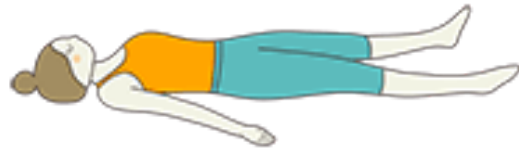
Traversin Viparita Karani



Supta Ardha Padmasana avec traversin et couverture



Ventre de variation de Sukhasana



Savasana