

Flexions avant 10/09/23

VENCE YOGA



Sukhasana



Sukhasana Baddhanguliyasana



Variation classique Surya Namaskar F



Bitilasana Marjaryasana Balasana Vinyasa



Sukhasana coudes sur le sol



Paschimottasana A



Janu Sirsasana C



Marichyasana A avec sangle



Marichyasana



Parivrtta Ardha Baddha Padma
Paschimottanasana





Urdhva Mukha Upavistha Konasana
Padangusthasana



Upavistha Konasana



Urdhva Mukha Upavistha Konasana



Trianga Mukhaikapada Paschimottanasana
Variation Kati



Gomukhasana Variation 1



Gomukhasana



Variation Parivrtta Krounchasana



Navasana avec sangle



Navasana



Couverture ventrale Balasana



Avant-bras Vasisthasana bras vers le bas



Vasisthasana



Ardha Kapotasana Variation I



Dwikonasana



Supta Padangusthasana Bras de sangle au-dessus



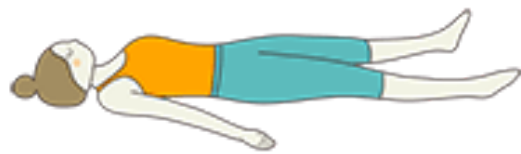
Pawanmuktasana



Supta Virasana avec des couvertures



Ventre de variation de Sukhasana



Savasana