

# Postures "debout" 2 octobre 2023

VENCE YOGA



Sukhasana

# OM



Vinyasa d'échauffement Sukhasana



Tadasana



Vrksasana



Utkatasana



Bloc Utthita Trikonasana



Virabhadrasana II



Bras de coude de variation Utthita  
Parsvakonasana



Virabhadrasana I



Virabhadrasana III



Baddha Hasta Uttanasana



Parsvottanasana mains sur les blocs



Variation de Parsvottanasana, mains sur le sol



Ardha Chandrasana Bloquer Mudra



Prasarita Padottanasana



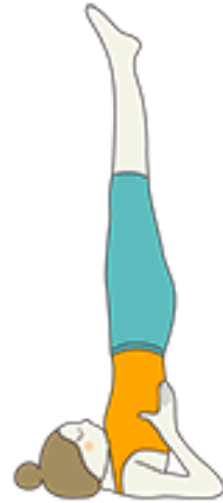
Adho Mukha Svanasana



Adhomukha Virasana



Chaturanga Dandasana



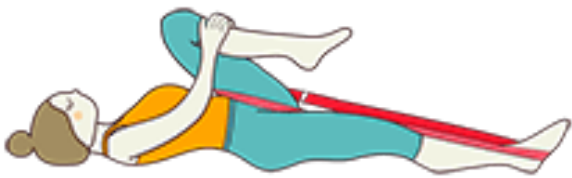
Sarvangasana



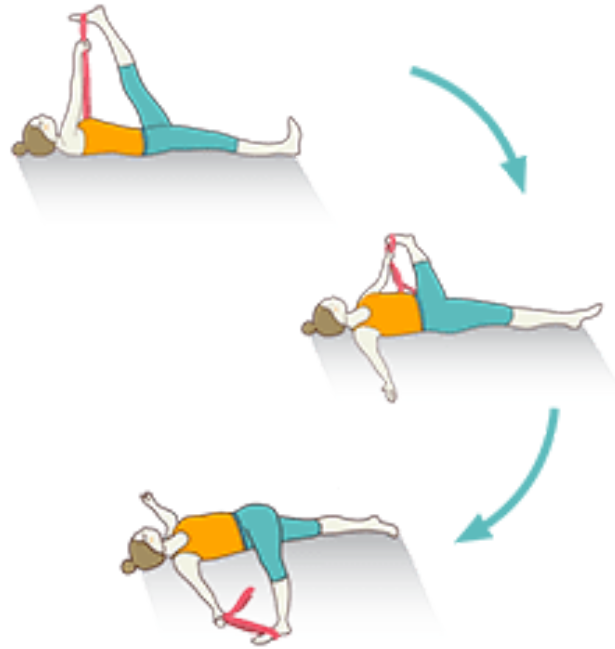
Salamba Sarvangasana Baddha Konasana



Eka Pada Sarvangasana les mains sur le dos



Ardha Pawan Muktasana avec sangle



Privrtta Supta Padangusthasana Sangle  
Vinyasa



Supta Parivrtta Garudasana



Viparita Karani avec sangle

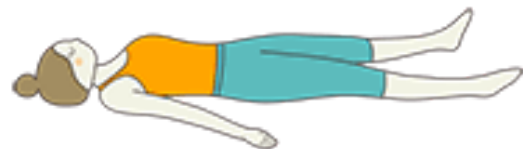


Supta Baddha Konasana Blocs et couvertures



Ventre de variation de Sukhasana

# Meditation



Savasana