

# Torsions assises et debout 16 10 23

VENCE YOGA



Sukhasana



Sukhasana Baddhanguliyasana



Vinyasa d'échauffement Sukhasana



Parivrtta Sukhasana



Marichyasana C



Ardha Matsyendrasana Variation Main levée



Bharadvajasana I Préparation



Parivrtta Janu Sirsasana Préparation



Parivrtta Upavistha Konasana



Variation Parivrtta Krounchasana



Parivrtta Navasana Hasta Namaste



Parivrtta Navasana



Parivrtta Anjaneyasana bras écartés



Saral Parivrtta Parsvakonasana



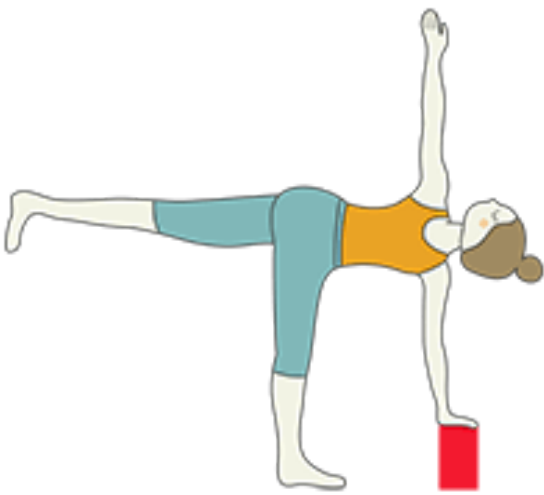
Parivrtta Parsvakonasana Namaste Mains



Parivrtta Ashta Chandrasana torsion ouverte



Bloc Parivrtta Trikonasana



Bloc Parivrtta Ardha Chandrasana



Parivrtta Uttanasana Variation Nata Janu  
Hasta Bloc



Parivrtta Uttanasana



Parivrtta Prasarita Balasana



Supta Parivrtta Garudasana



Setubandha Sarvangasana



Eka Pada Setubandha Sarvangasana



Setubandha Sarvangasana Variation  
Chevilles



Couverture de traversin Setubandha  
Sarvangasana prise en charge



Ventre de variation de Sukhasana



Savasana