

# Flexions avant 13/11/23

VENCE YOGA



Sukhasana



Sukhasana Baddhanguliyasana



Variation classique Surya Namaskar F



Bitilasana Marjaryasana Balasana Vinyasa



Sukhasana coudes sur le sol



Couverture Dandasana



Paschimottasana A



Janu Sirsasana C



Marichyasana



Urdhva Mukha Upavistha Konasana  
Padangusthasana





Upavistha Konasana



Urdhva Mukha Upavistha Konasana



Trianga Mukhaikapada Paschimottanasana  
Variation Kati



Ardha Kapotasana Variation I



Gomukhasana Variation 1



Gomukhasana



Navasana avec sangle



Uttanasana



Adhomukha Virasana



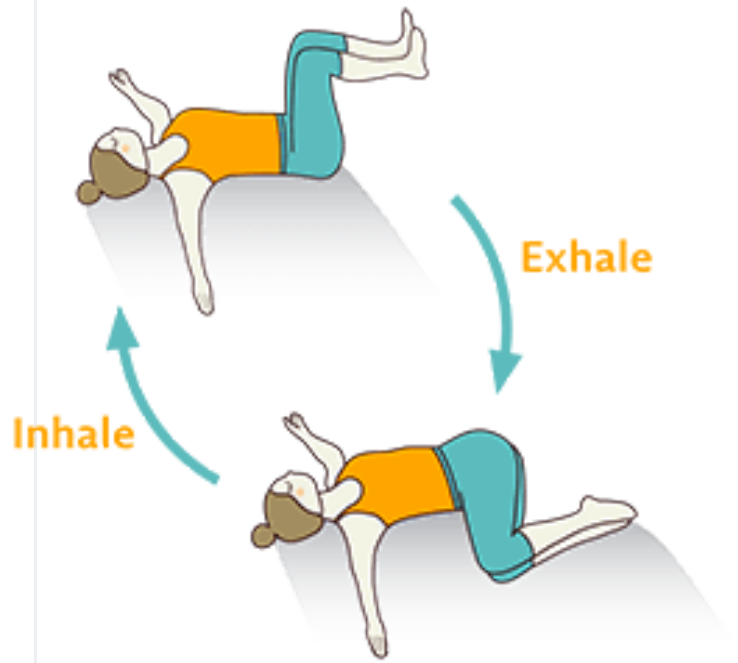
Parivrtta Prasrita Balasana



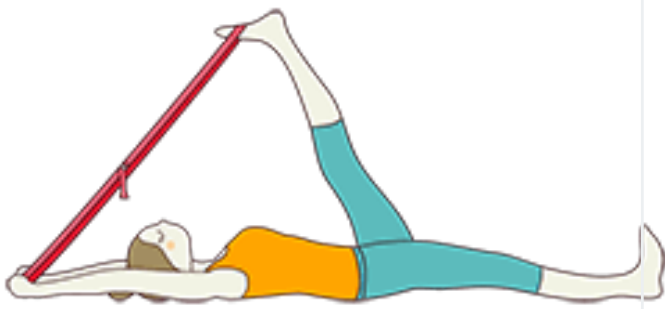
Malasana



Pawanmuktasana



Flux Supta Matsyendrasana II



Supta Padangusthasana Bras de sangle au-dessus



Sangle Supta Padangusthasana autour de la poitrine



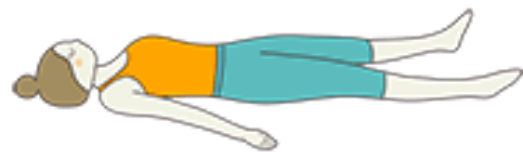
Couverture de traversin Setubandha  
Sarvangasana prise en charge



Nadi Shodhana



Ventre de variation de Sukhasana



Savasana