

# Postures debout 06/11/23

VENCE YOGA



Sukhasana



Tadasana



Classic Surya Namaskar Variation F



Vrksasana



Garudasana



Utkatasana



Utthita Trikonasana Block



Virabhadrasana II



Utthita Parsvakonasana Block



Virabhadrasana I



Virabhadrasana Iii Against Wall



Ardha Uttanasana Wall



Baddha Hasta Uttanasana



Parsvottanasana Hands On Blocks



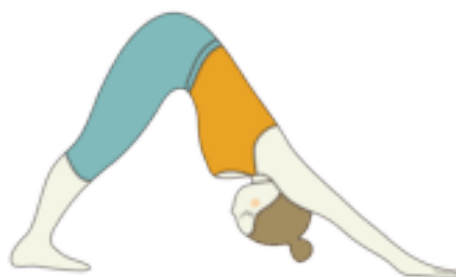
Parsvottanasana Variation Hands On Floor



Ardha Chandrasana Block Mudra



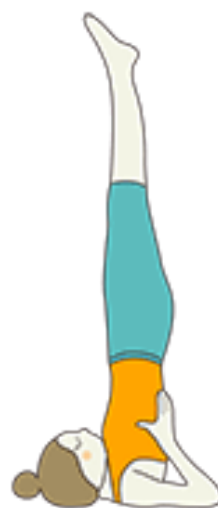
Prasarita Padottanasana



Adho Mukha Svanasana



Adhomukha Virasana



Sarvangasana



Salamba Sarvangasana Baddha Konasana



Eka Pada Sarvangasana Hands On Back



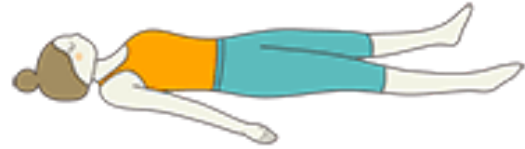
Supta Virasana With Blankets



Viparita Karani With Strap



Sukhasana Variation Belly



Savasana