

# Postures Mixtes 30/10/2023

VENCE YOGA



Sama Vritti



Vinyasa d'échauffement Sukhasana



Variation classique Surya Namaskar F



Paschimottanasana A



Janu Sirsasana



Marichyasana



Gomukhasana



Gomukhasana Variation 1



Tadasana



Vrksasana



Utkatasana



Bloc Utthita Parsvakonasana



Virabhadrasana I



Mur de blocs Ardha Chandrasana



Baddha Hasta Uttanasana



Malasana



Variation Marichyasana C



Parivrtta Janu Sirsasana Bloc de coude



Bharadvajasana I



Parighasana



Traversin Adho Mukha Svanasana Sirsa Salamba Adho Mukha Svanasana Sangle de hanches Hasta Partner



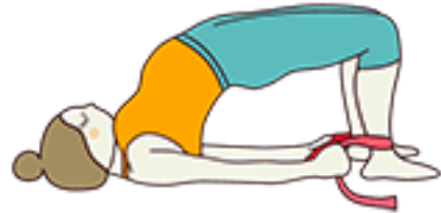
Bhujangasana Vinyasa



Setubandha Sarvangasana



Eka Pada Setubandha Sarvangasana



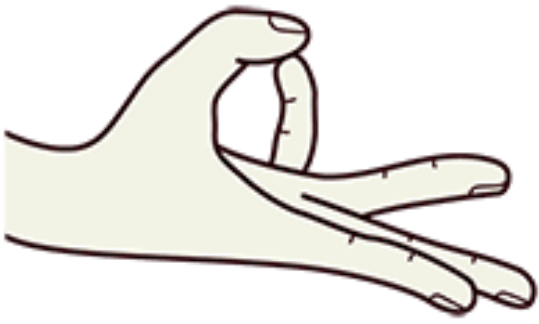
Chatush Padasana avec sangle



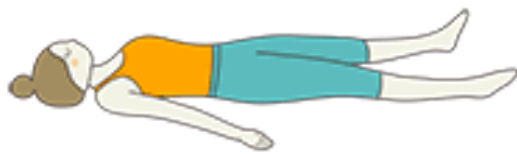
Blocs Ustrasana



Supta Baddha Konasana Blocs et couvertures



Sama Vritti



Savasana