

# Torsions assises et debout

20/11/2023

VENCE YOGA



Sukhasana



Sukhasana Baddhanguliyasana



Sukhasana câlins et torsion





Cercles de Kundalini



Vinyasa d'échauffement Sukhasana



Parivrtta Sukhasana



Variation Parivrtta Krounchasana



Marichyasana C



Ardha Matsyendrasana Variation Main levée



Bharadvajasana I Préparation



Parivrtta Janu Sirsasana Préparation



Parivrtta Upavistha Konasana



Parighasana



Parivrtta Anjaneyasana bras écartés



Parivrtta Anjaneyasana genou sur le sol



Parivrtta Parsvakonasana Namaste Mains



Bloc Parivrtta Trikonasana



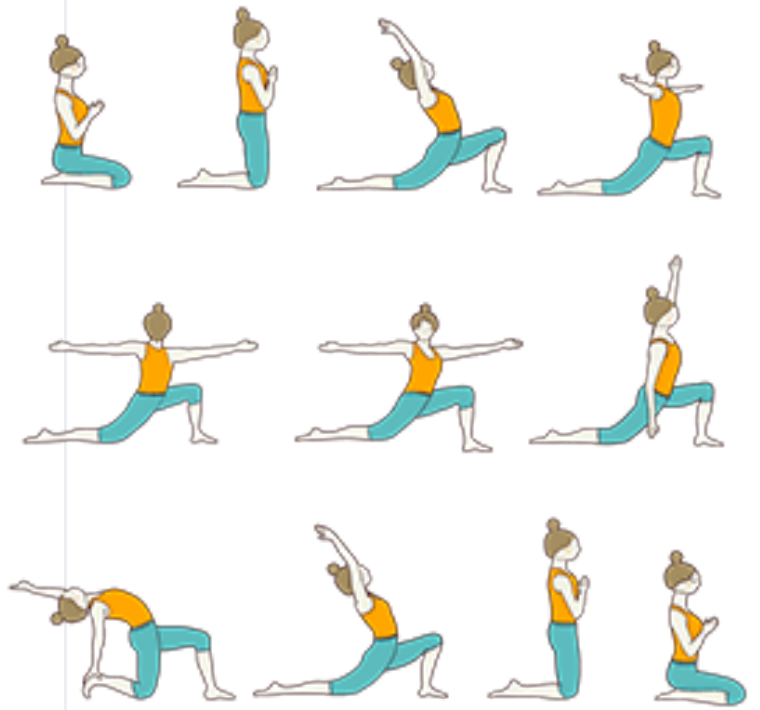
Parivrtta Parsvakonasana



Bloc Parivrtta Prasarita Padottanasana



Parivrtta Prasrita Padottanasana A



Chandra Namaskar Variation F



Malasana



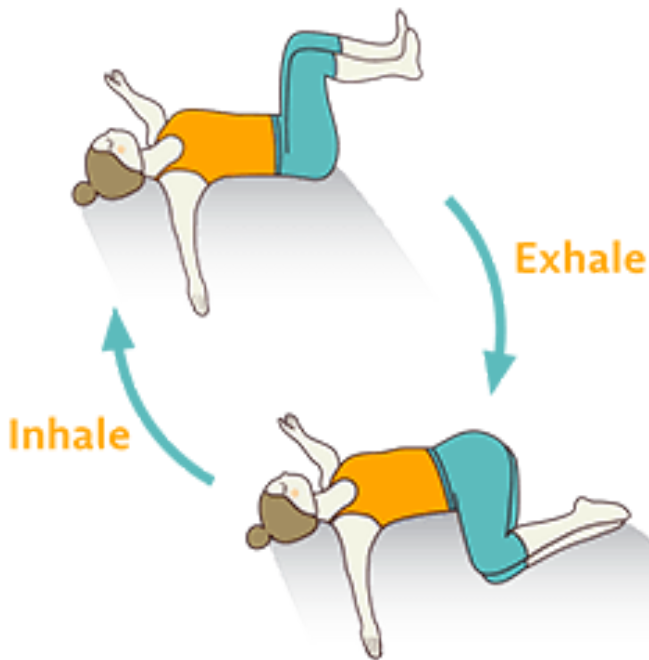
Baddha Hasta Uttanasana



Parivrtta Prasrita Balasana



Supta Parivrtta Garudasana



Flux Supta Matsyendrasana II



Setubandha Sarvangasana



Eka Pada Setubandha Sarvangasana



Setubandha Sarvangasana Variation  
Chevilles



Couverture de traversin Setubandha  
Sarvangasana prise en charge

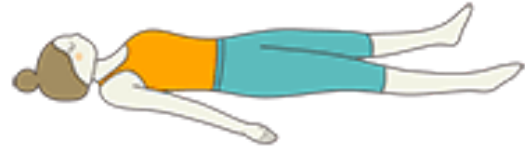


Sama Vritti





Ventre de variation de Sukhasana



Savasana