

# Sthira Bhaga



Vasisthasana



Visvamitrasana



Kasyapasana



Cakorasana



Bhairavasana



Skandasana



Durvasana



Urdhva Kukkutasana A



B



Urdhva Kukkutasana C



Galavasana



Eka pada Bakasana A B



Koundinyasana A B



Astavakrasana



Purna Matsyendrasana



Viranchyasana A B



C



Dvipada Viparita Dandasana



Viparita Salabhasana



Ganda Bherundasana



Hanumanasana



Hanumanasana



Supta Trivikrimasana



Dikasana



Utthita Trivikrimasana



Nata Rajasana



Raja Kapotasana

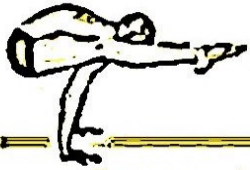


Dhanurasana



Eka Pada Kapotasana

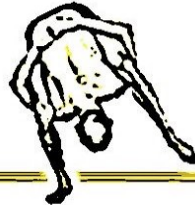




TITTIBHASANA A, B, C



PINCHA MAYURASANA



KARANDAVASANA



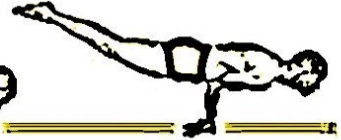
MAYURASANA



NAKRASANA



VATYASANA



PARIGHASANA



GOMUKHASANA



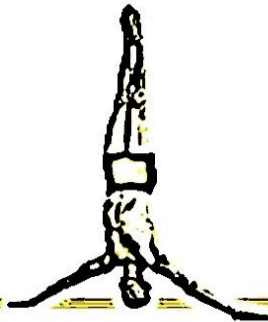
SUPTA URDDHVA PADA VAJRASANA



BADDHA HASTA SIRSASANA



URDHA DHANURASANA



# NADI SODHANA



PASASANA



KROUNCHASANA



SALABHASANA A, B



BHEKASANA



DHANURASANA



PARSVA DHANURASANA



USTRASANA



LAGHUVAJRASANA



KAPOTASANA



SUPTA VAJRASANA



BAKASANA A, B



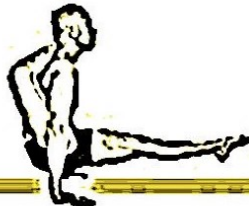
BHARADVAJRASANA



ARDHA MATSYENDRASANA



EKA PADA SIRSASANA



DWI PADA SIRSASANA



YOGANIDRASANA



# Postures de fin



URDHVA DANURASANA



BACK BENDING



PASCHIMOTANASANA



LIE DOWN



SARVANGASANA



HALASANA



KARNAPIDASANA



URDVA-PADMASANA



PINDASANA

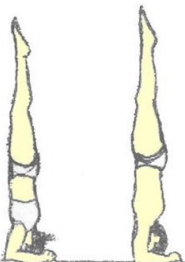


MATSYASANA



UTHANAPADASANA

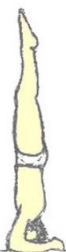
CHAKRASANA



SHIRASHASANA



BADDAPADMASANA



YOGAMUDRA



PADAMASANA



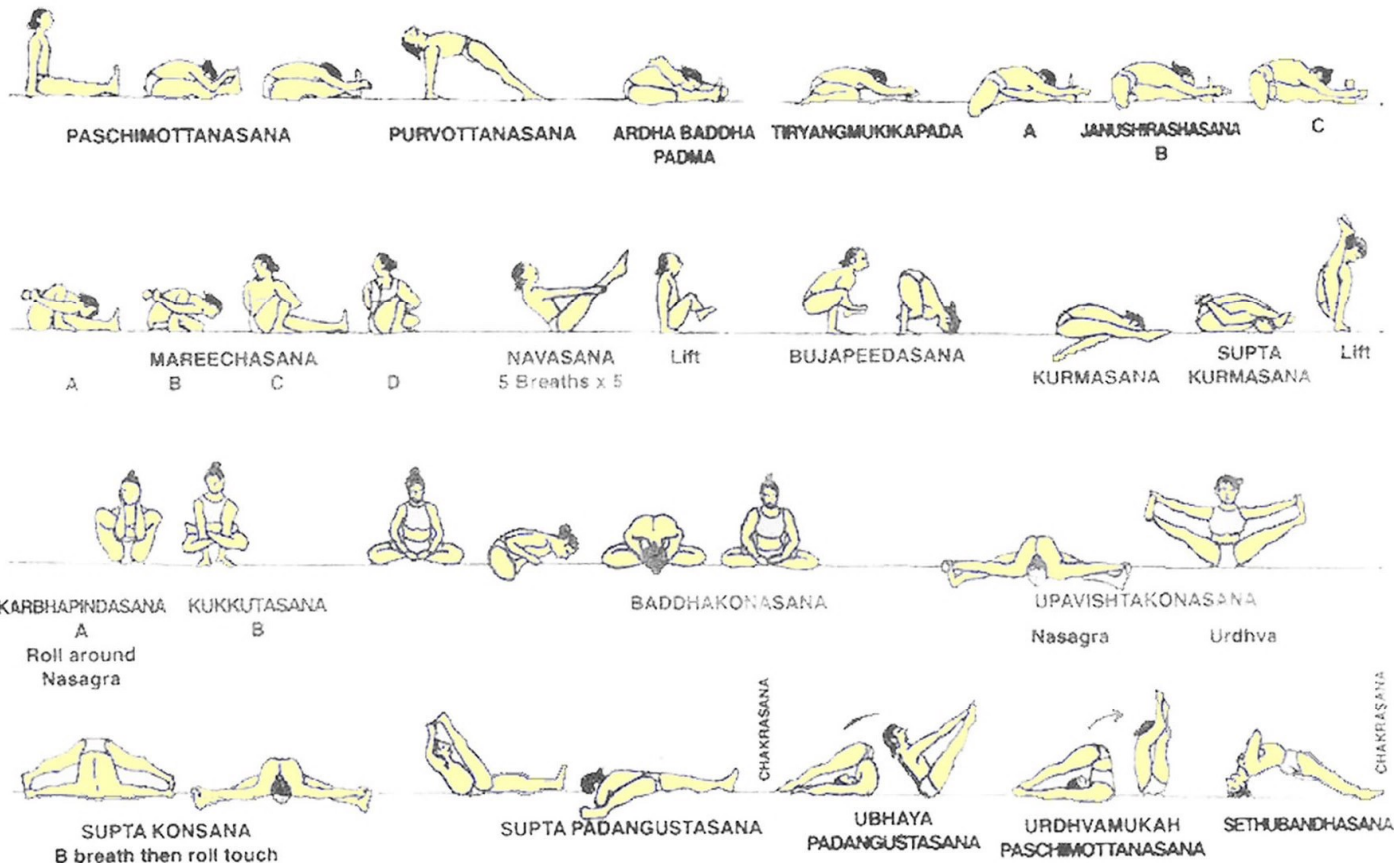
UTTPLUTHI



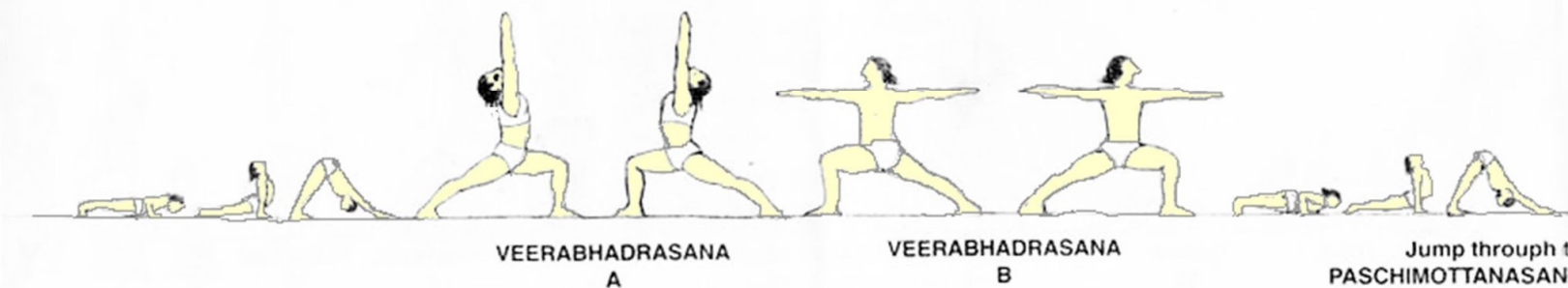
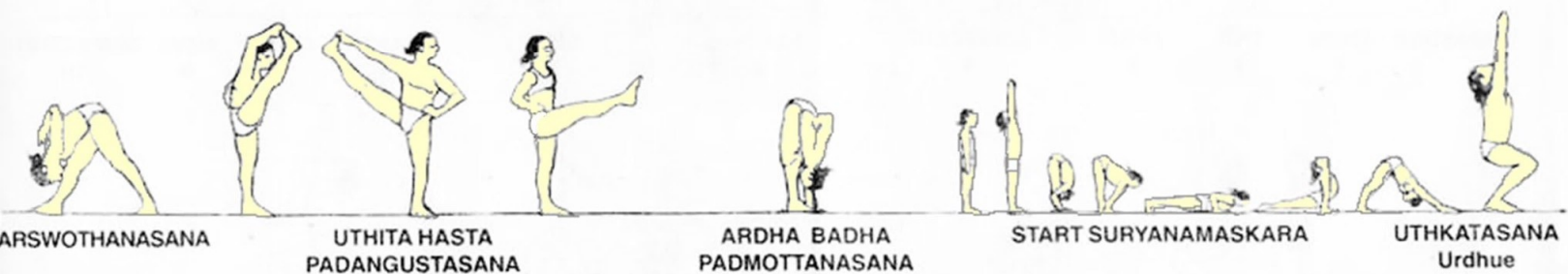
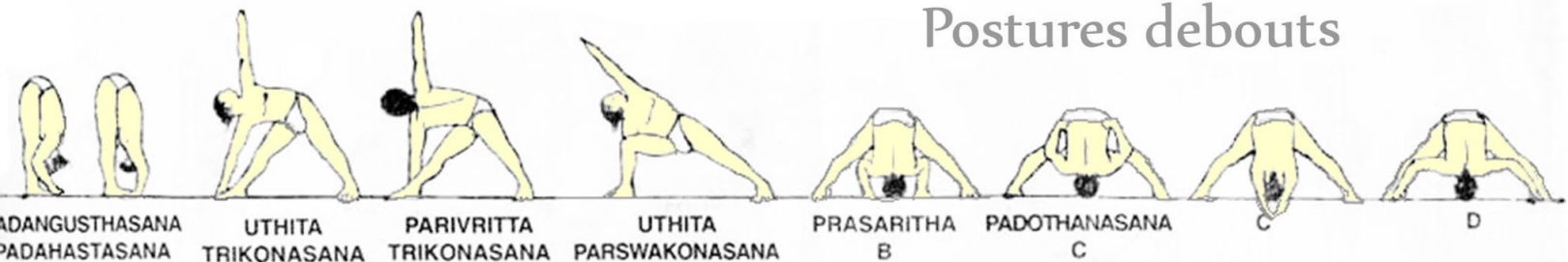
SAVASANA



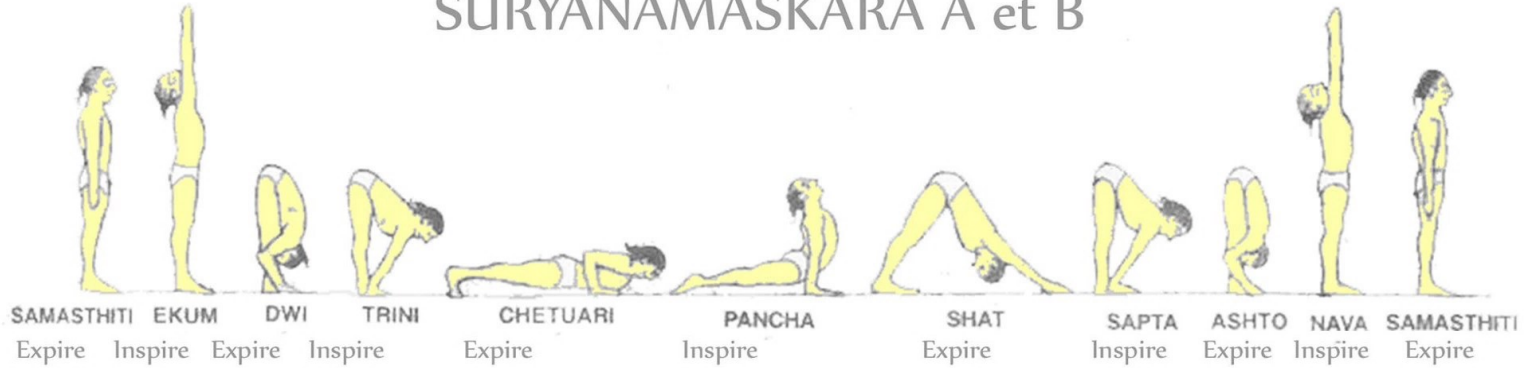
# Postures assises



# Postures debouts



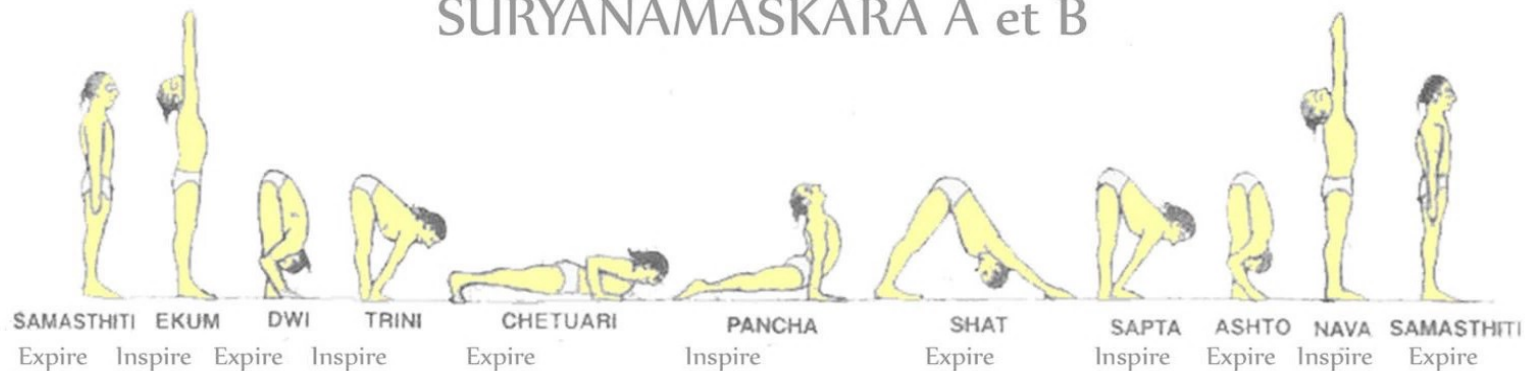
# SURYANAMASKARA A et B



Rester 5 respirations



# SURYANAMASKARA A et B



Rest 5 respirations

