

La salutation au soleil fondamental: répéter 3 fois



Samasthiti°

INSPIR

EXPIR

INSPIR

EXPIR

INSPIR

EXPIR

INSPIR

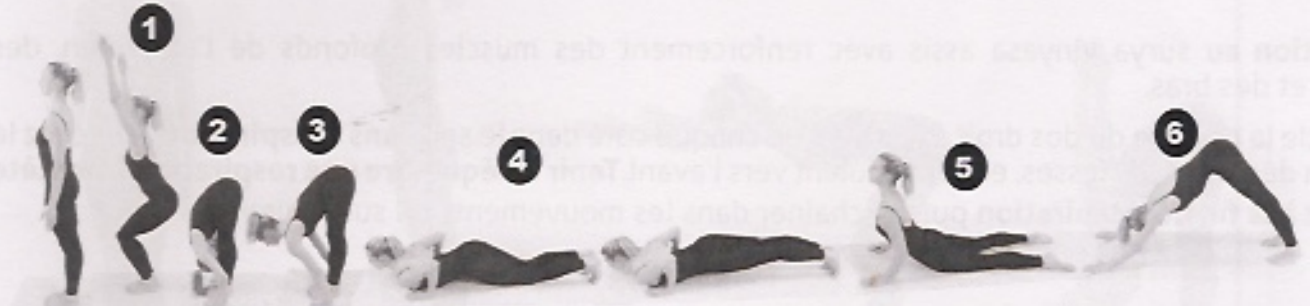
EXPIR

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Terir 5 respirations

SAMASTHITI



Utkatasana

Chaturanga dandasana

INSPIR EXPIR

INSPIR

EXPIR

INSPIR

EXPIR



Virabhadrasana I et II

INSPIR

EXPIR

INSPIR

EXPIR / INSPIR

EXPIR



INSPIR

EXPIR

INSPIR

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EXPIR / INSPIR



EXPIR

INSPIR

EXPIR

tenir 5 respirations



INSPIR

EXPIR

INSPIR

EXPIR



Samasthiti² Padangusthasana Padahasthasana Utthita trikonasana Parsvakonasana

1/2 vinyasa

1/2 vinyasa

1/2 vinyasa



Parsvottanasana Utthita parivritta trikonasana Prasarita padottanasana



Utthita hasta padangusthasana Virabhadrasana III Vrksasana