



Dos / Consolidation #2



Shavasana / Chaise > U. Hastasana



Adho Mukha Svastikasana - concave



Adho Mukha Svastikasana - final



Uttanasana / Chaise



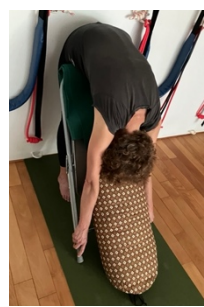
Prasarita Padottanasana / Chaise



Parivritta PP / Chaise



Parivritta PP / Chaise



Uttanasana / Chaise pliée



Hanging Utkatasana



Hanging Uttanasana



Hanging Uttanasana / Bras en Ar



Hanging Uttanasana / Bras en Ar



Hanging Virasana



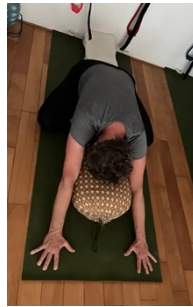
Adho Mukha Virasana



Dos / Consolidation #2



Rope Sirshasana



Adho Mukha Virasana



Bharavadjasana / Chaise



Bharavadjasana / Chaise



Pavanamuktasana / concave



Pavanamuktasana / final



Pavanamuktasana / final - poids



Pavanamuktasana / concave



Pavanamuktasana / final



Ardha Halasana



Ardha Halasana / poids



Shavasana