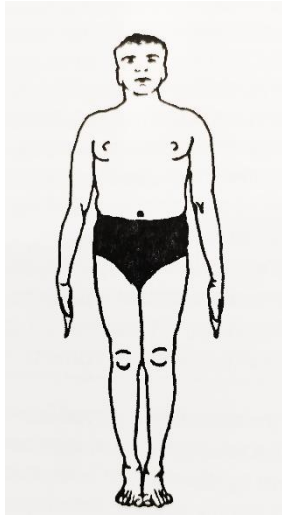
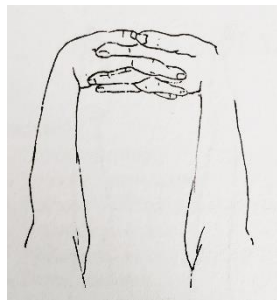


Tadasana



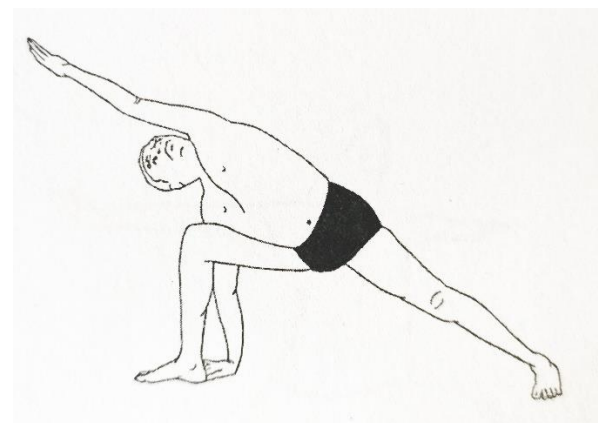
Parvatasana en tadasana



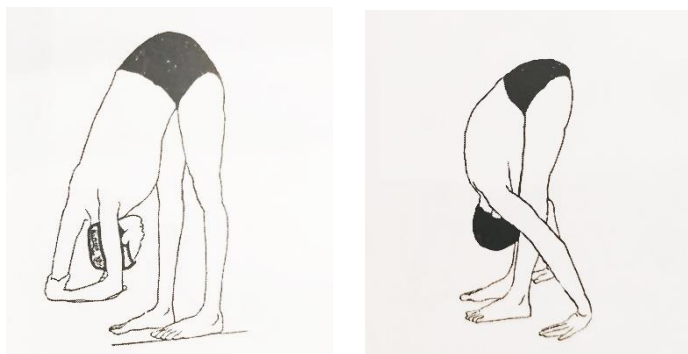
Utthita Trikonasana



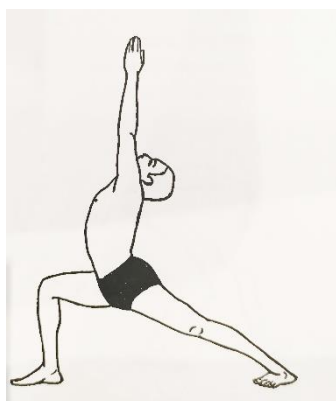
Utthita Parsvakonasana



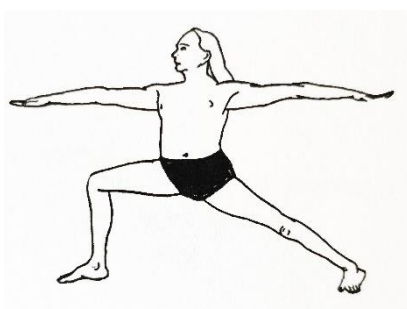
Uttanasana



Virabhadrasana 1

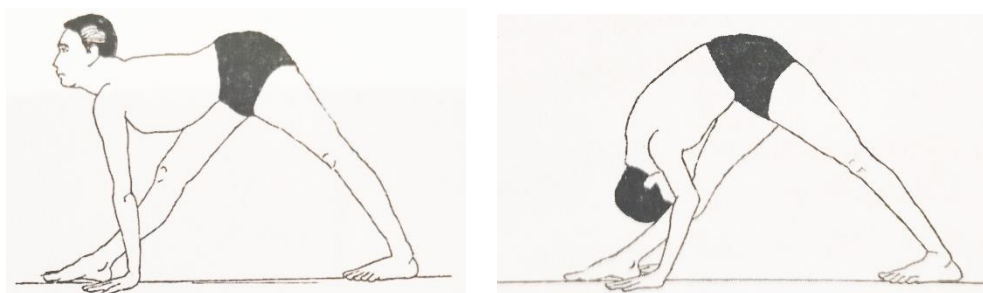


Virabhadrasana 2

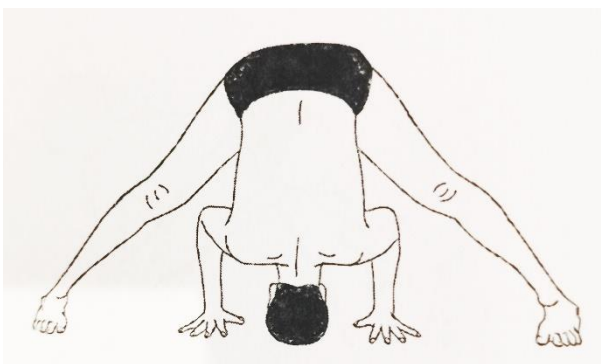
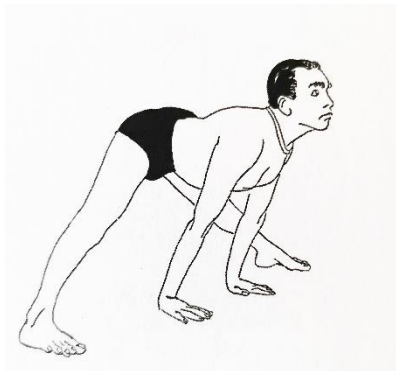


Uttanasana\* (voir ci-dessus)

Parsvottanasana



### Prasarita Padottanasana

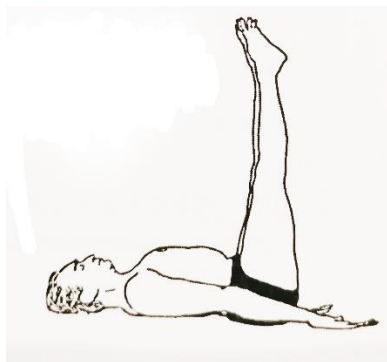


### Ekapada Supta Pavanamuktasana et Dvipada Supta Pavanamuktasana

Ekapada signifie qu'une jambe est tendue et l'autre pliée.  
Dvipada signifie que les deux jambes sont pliées.



### Urdhva Prasarita Padasana 90 avec le mur



### Savasana

