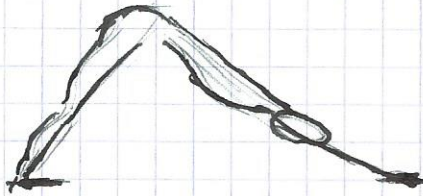


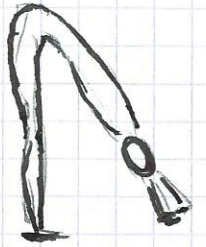
VACANCES : Série n° 3.



Adho mukha
Urdhvasana



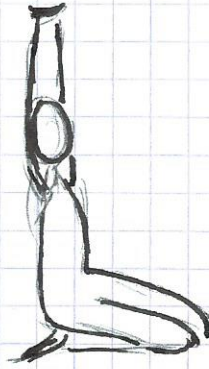
Adho mukha
Svanasana



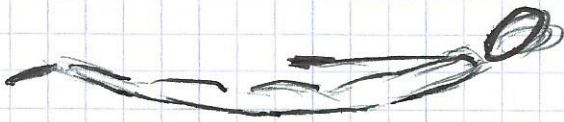
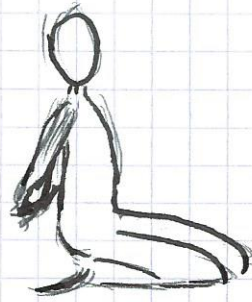
Urdhvasana
coudes saisis



Svastikasana
en torsion



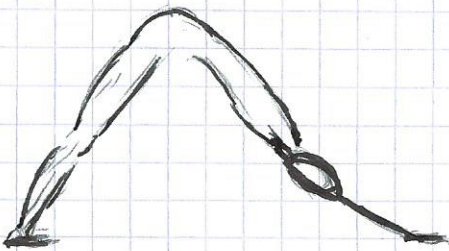
Vajrasana : - parvatasana
- bras étirés derrière le dos



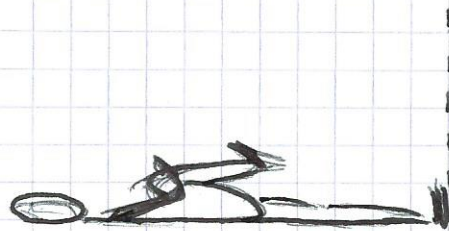
Salabhasana



Urdhva mukha svanasana



Adho mukha svanasana



eka pada parvata mukhasana



dvi pada parvata
mukhasana



Svasana