

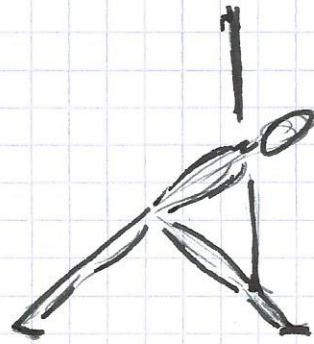
Vaccances : Série n° 4



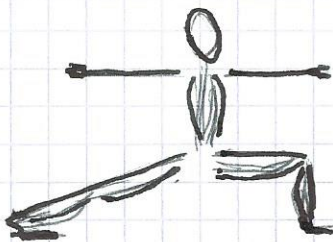
Tadasana



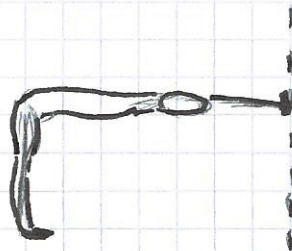
Urdhva
Hastasana
et Tadasana



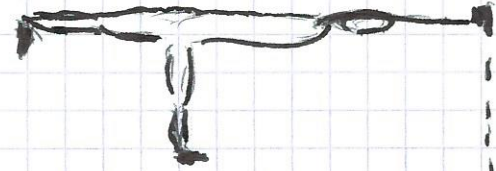
Urdhva trikonasana



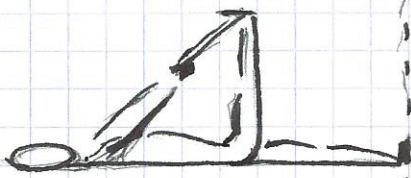
Virabhadrasana I



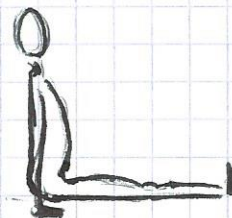
Uttarasana
1/2 mains
contre le mur



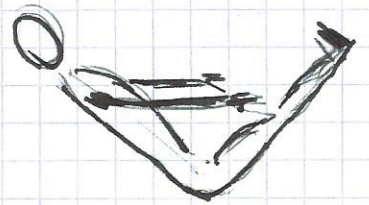
préparation à
Virabhadrasana III



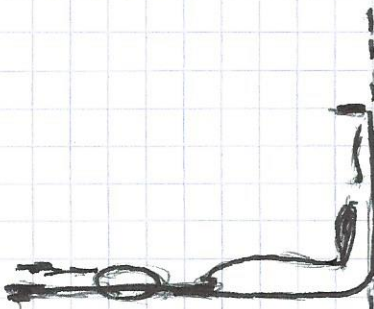
Supta padmasana I



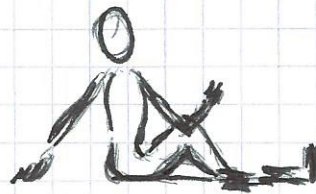
Dandasana



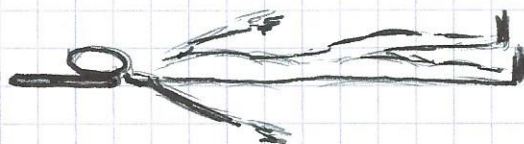
Paripurna
navasana



Urdhva pasasana
à 90° contre le mur



Haricyasana III
préparation



Savasana