

Vacances : Série n.º 5



1



2



3

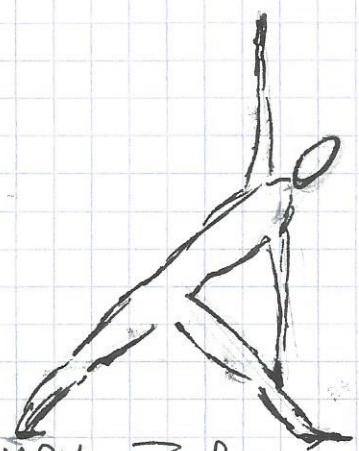


4

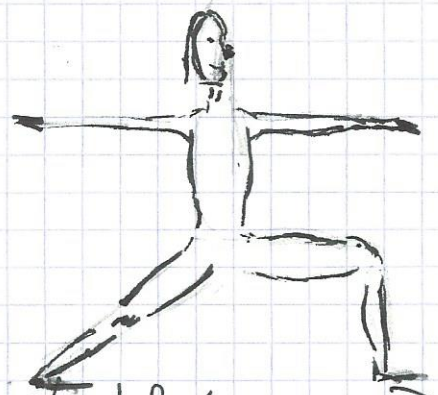
1. Tadasana
2. Urdhva Hastasana
3. Gomukhasana
4. Urdhva Namaskarasana



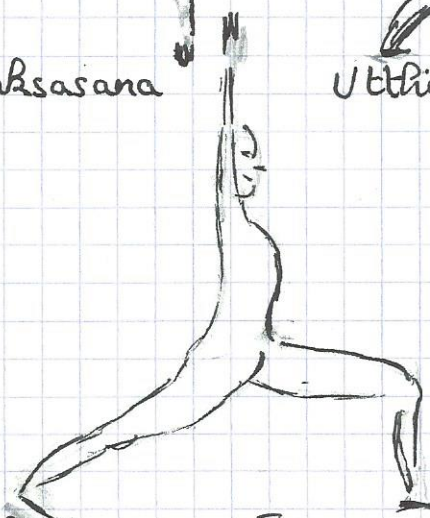
Vrikshasana



Uttihita Trikonasana



Virabhadrasana II



Virabhadrasana I

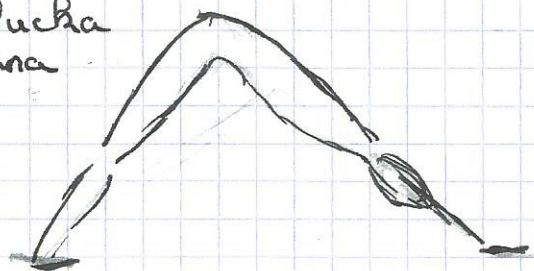


Prasarita Padottanasana

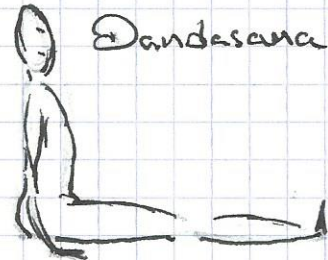


Uttanasana

Adha Mukha  
Svanasana



Dandasana



Urdhva  
Hastasana



Adha (1/2)  
Paschimottanasana



Savasana

