

# YOGA

L'arbre vriksha asana



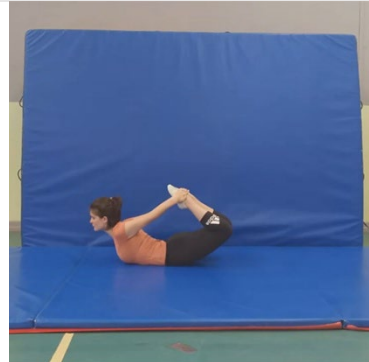
L'arbre vriksha asana



L'arc dhanura asana



L'arc dhanura asana



L'étirement du chat marjara asana



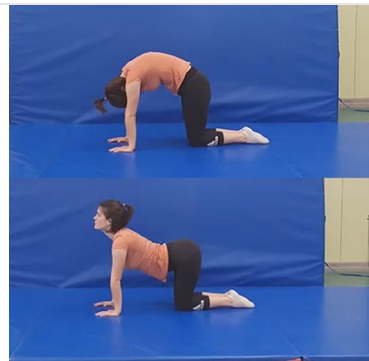
L'étirement du chat marjara asana



Le chat



Le chat



# YOGA

L'oiseau céleste akasha pakshi asana



L'oiseau céleste akasha pakshi asana



La chandelle sarvanga asana



La chandelle sarvanga asana



La charrue hala asana



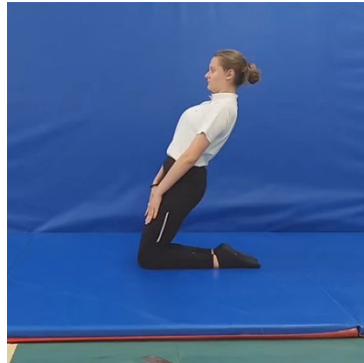
La charrue hala asana



La foudre vajra asana



La foudre vajra asana



# YOGA

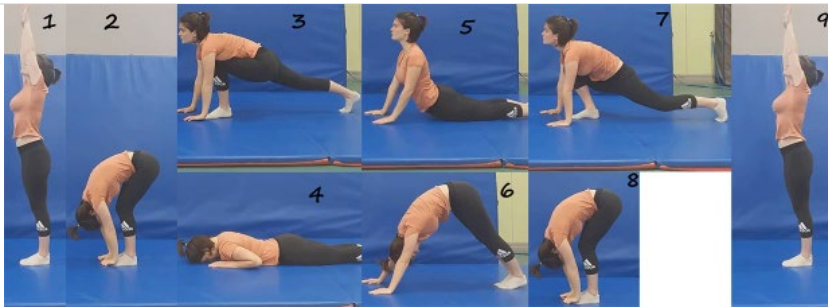
La libération pavana mukta asana



La libération pavana mukta asana



La salutation au soleil surya namaskara asana



Le cobra bhujanga asana



Le cobra bhujanga asana



Le cobra bhujanga asana variante



Le cobra bhujanga asana variante



# YOGA

Le crocodile makara asana



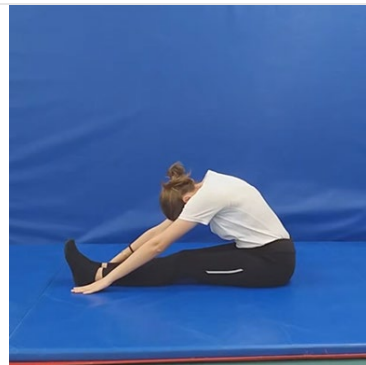
Le crocodile makara asana



Le grand étirement postérieur  
paschimotta asana



Le grand étirement postérieur  
paschimotta asana



Le palmier tada asana



Le palmier tada asana



Le pont ferme setubandha asana

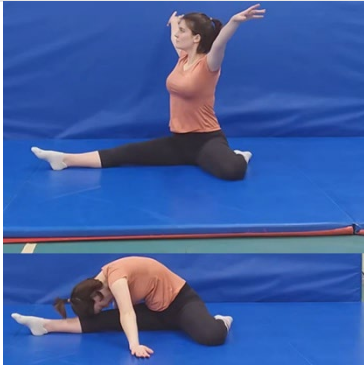


Le pont ferme setubandha asana



# YOGA

Le salut sur une jambe allongée  
eka pada namaskara asana



Le salut sur une jambe allongée  
eka pada namaskara asana



Le singe hanuman



Le singe hanuman



Le triangle trikona asana



Le triangle trikona asana

