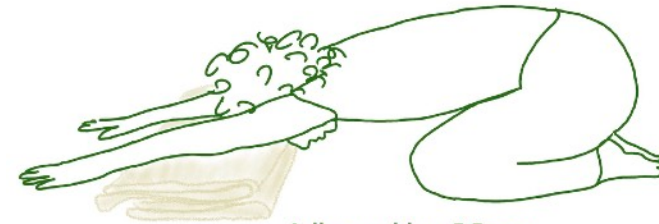


PRATICA 2 - TUTTI I LIVELLI -

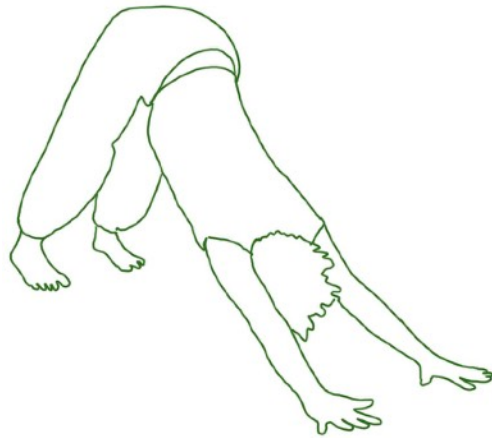
- > Estensione - Espansione
- > Estensione ed Espansione creano Spazio
- > Muladhara Chakra (ombelico)



Supta baddha koṇāsana



Adho mukha vīrāsana



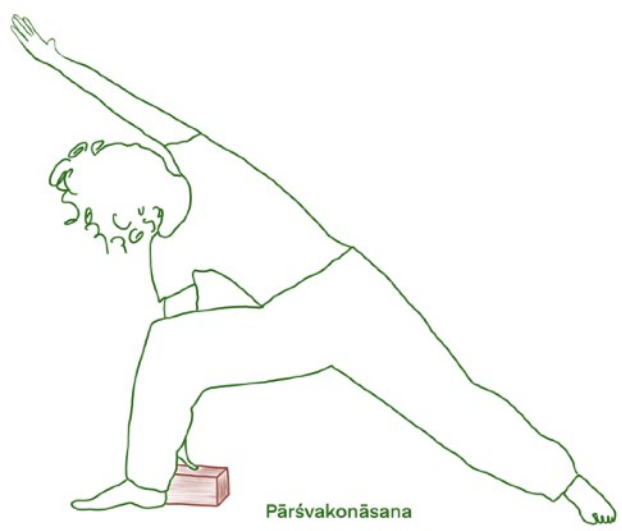
Adho Mukha Śvānāsana



Uttānāsana
fase concava



Uttānāsana



Pārsvakoņāsana



Parivrta pārsvakoņāsana
preparazione



Parivrta pārsvakoņāsana
fase 1



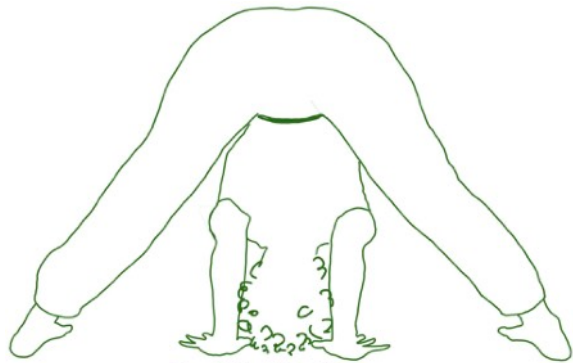
Parivrta pārsvakoņāsana
fase 2



Parivrta pārsvakoņāsana
fase 3



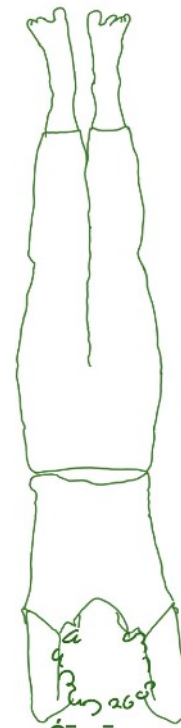
Parivrta pārsvakoņāsana



Prasārita Pādottānāsana



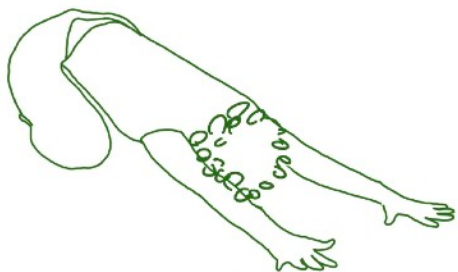
Prasārita Pādottānāsana II



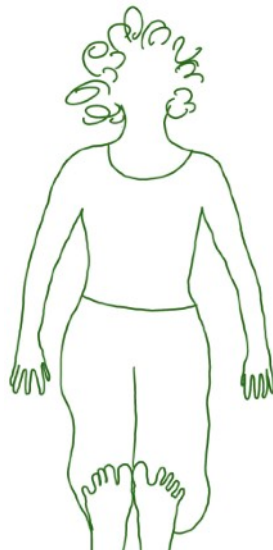
Śīrṣāsana



Eka pāda śīrṣāsana



Adho Mukha Vīrāsana



Daṇḍāsana



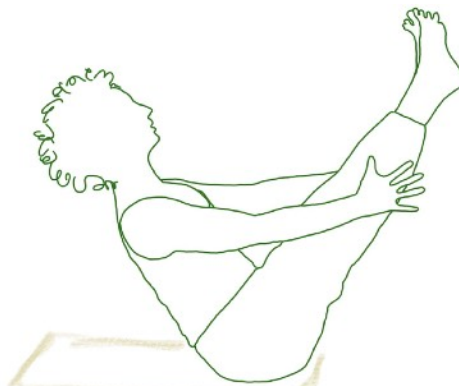
Pārśva daṇḍāsana



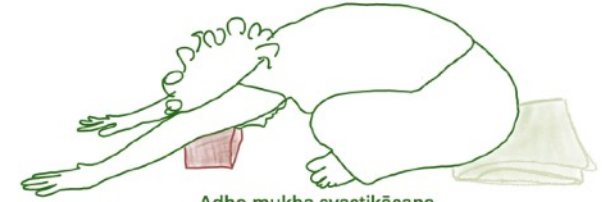
Ūrdhva prasārita pādāsana III



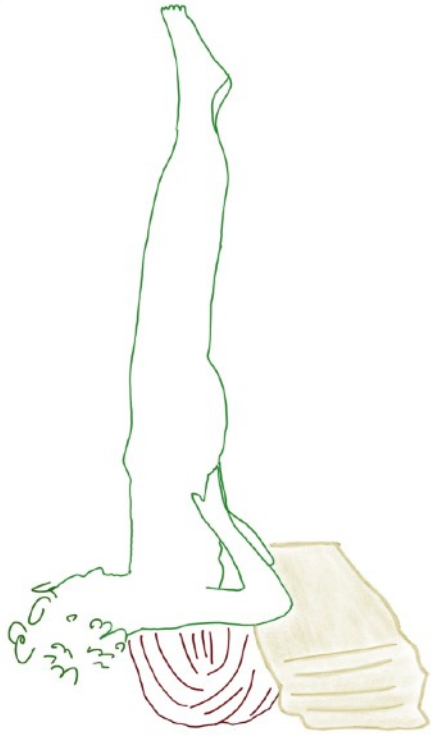
Paripūrṇa Nāvāsana
fase 1



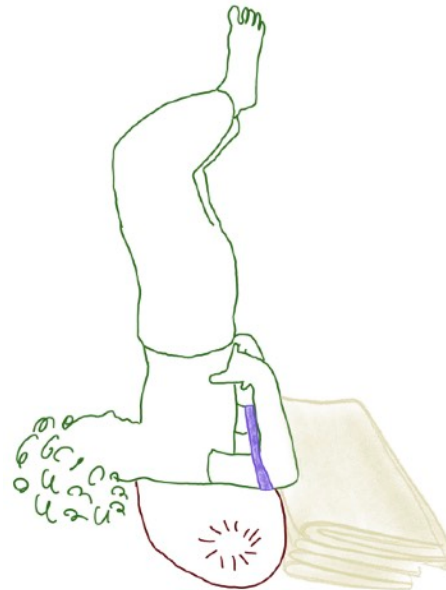
Paripūrṇa nāvāsana



Adho mukha svastikāsana



Sarvāṅgāsana



Baddha koṅāsana
in Sarvāṅgāsana



Halāsana



Adho mukha vīrāsana



Śavāsana

