

PRATICA 3 - LIVELLO BASE -



Svastikāsana

> sollevare e abbassare le braccia, in alto e lateralmente come se si tenesse un oggetto tra le mani

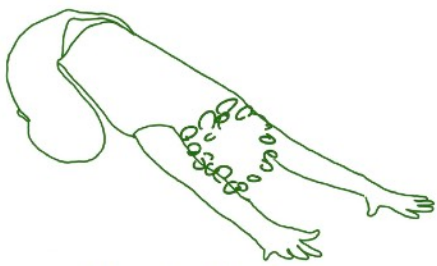


Pārśva svastikāsana

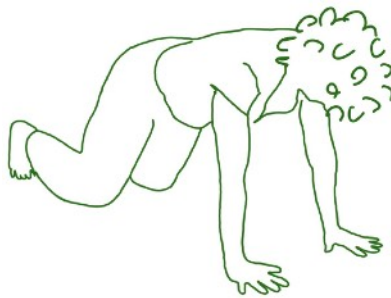
Quando siete a carponi

> cercate il movimento sagittale della colonna vertebrale

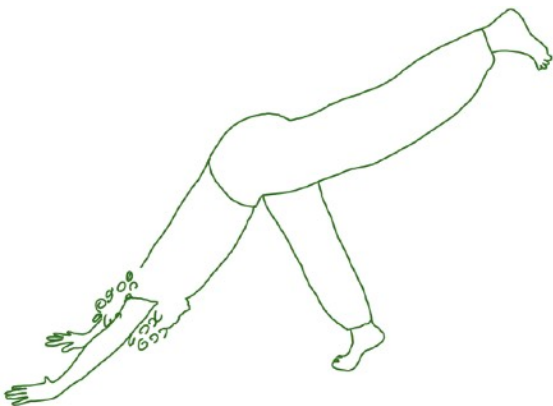
Partendo dallo spostamento del peso da un arto all'altro



Adho Mukha Vīrāsana



Adho Mukha Śvānāsana



Pārśvottānāsana
fase concava



Pārśvottānāsana



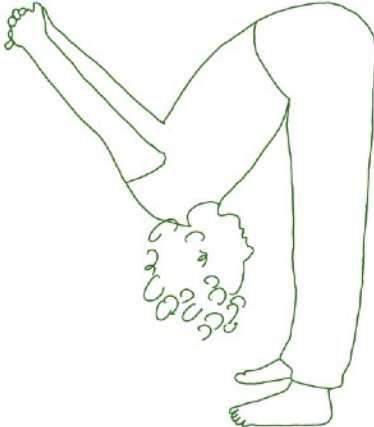
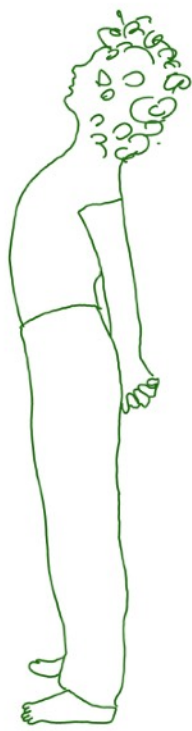
Parivrta trikoṅāsana



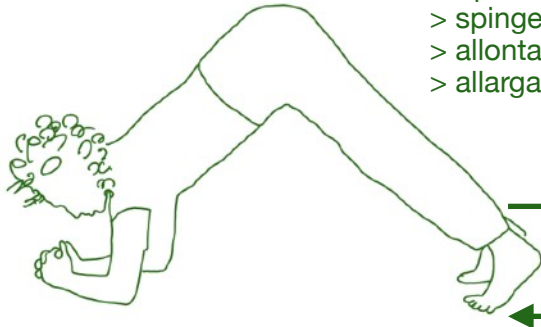
Parivrta pārsvakoṅāsana
preparazione



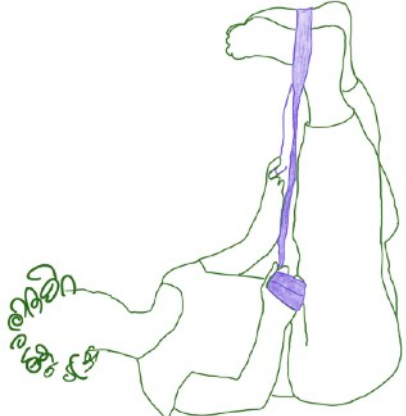
Parivrta pārsvakoṅāsana
fase 1



Preparazione per Śirssāsana:
 > spingere l'esterno dell'avambraccio
 > allontanare le spalle dalle orecchie
 > allargare le clavicole



IN



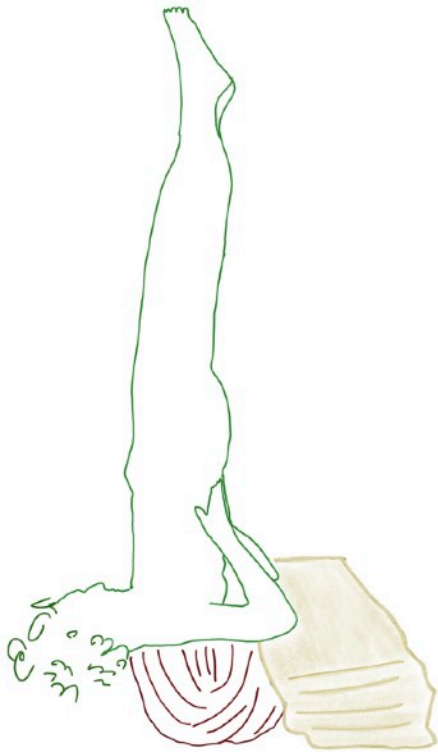
Urdhva prasārita pādāsana III
con cintura



Jaṭhara parivartanasana
gambe piegate



Setu Bandha Sarvangāsana
bolster



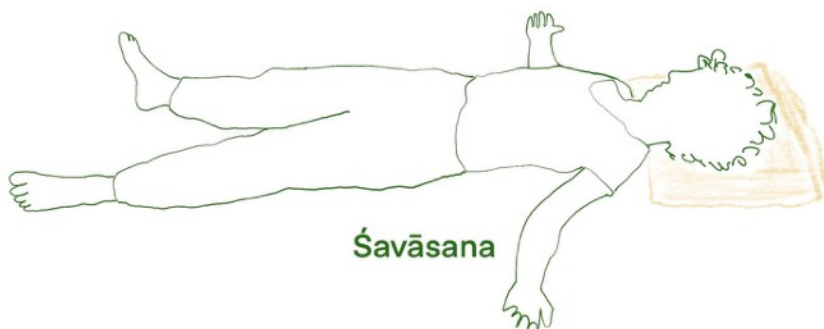
Sarvangāsana



Halāsana



Adho mukha svastikāsana



Śavāsana

