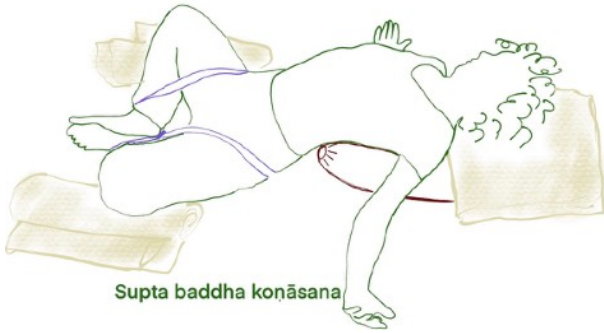
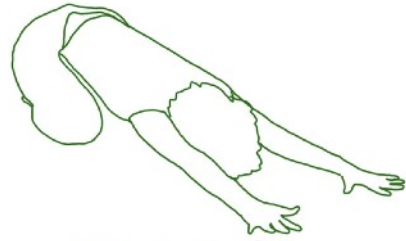


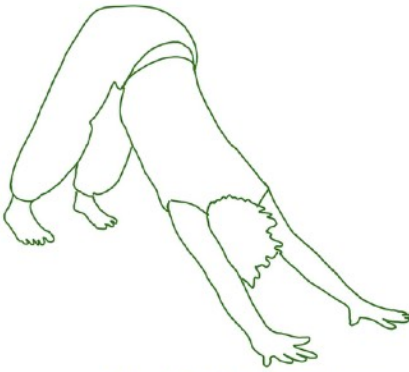
PRATICA 1 - TUTTI I LIVELLI -



Supta baddha koṇāsana



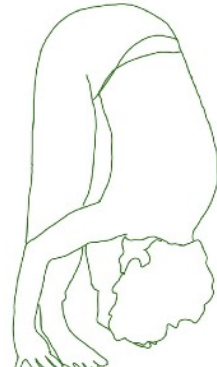
Adho Mukha Vīrāsana



Adho Mukha Śvānāsana



Uttānāsana
fase concava



Uttānāsana



Eeguire tutte le 4 posizioni sul lato dx
Ripeterle sul lato sx

> Mettere il piede della gamba dietro al muro



Trikoṇāsana



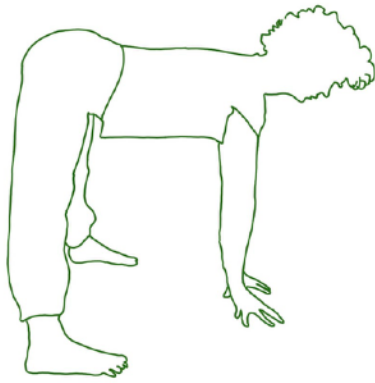
Pārsvottānāsana
fase concava



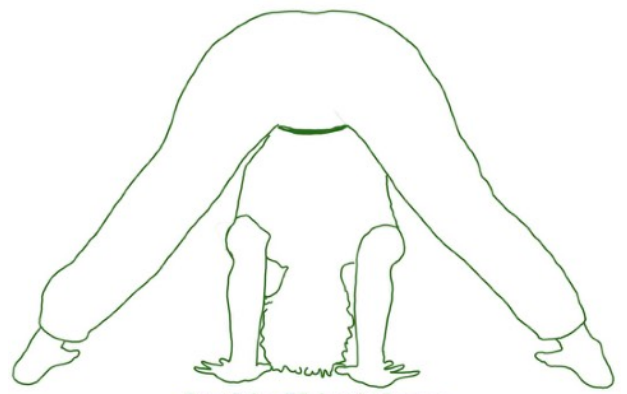
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fase convessa



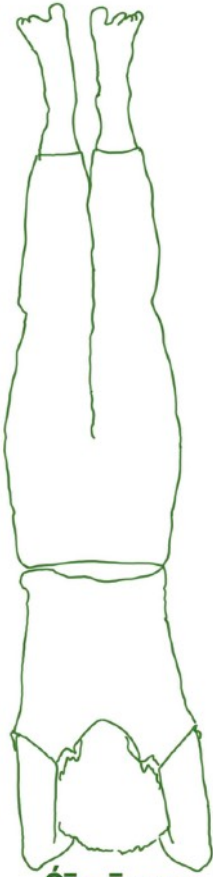
Parivrṭta trikoṇāsana



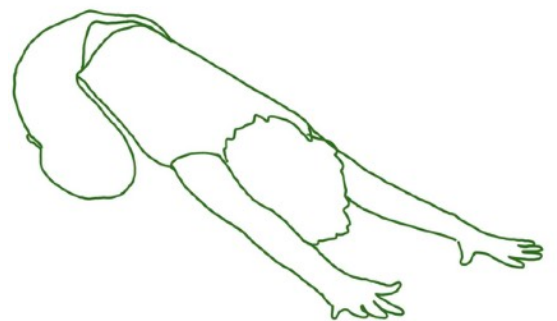
Prasārita Pādottānāsana
fase concava



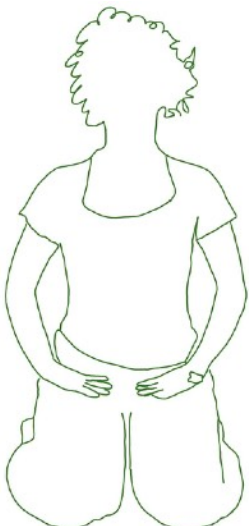
Prasārita Pādottānāsana



Śīrṣāsana



Adho Mukha Vīrāsana



Vīrāsana



Ūrdhva baddanguliyāsana
da vīrāsana



Pārśva vīrāsana



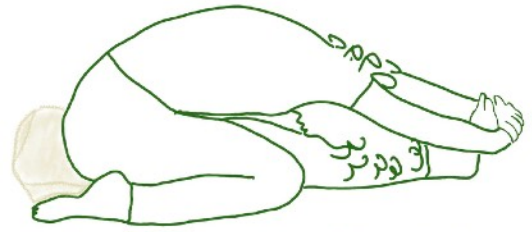
Jānu śīrṣāsana
fase concava



Jānu śīrṣāsana



Triāṅg mukhaikapāda paścimottānāsana
fase concava



Triāṅg mukhaikapāda paścimottānāsana



Krouncḥāsana
fase I

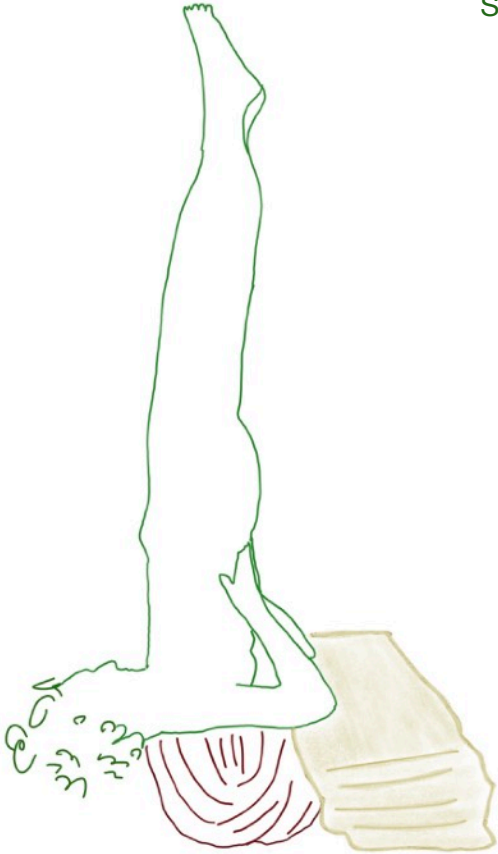


Ubhaya pādāṅguṣṭhāsana
fase I

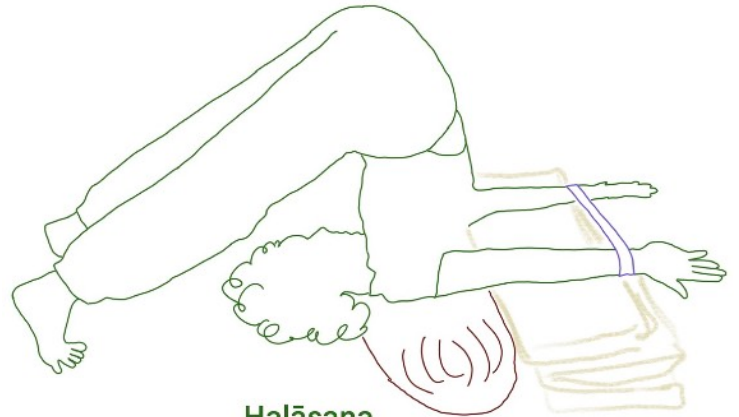


Paścimottānāsana

> Scegliere tra Sarvangasana - Halasana
o
Setu Bandha Sarvangasana



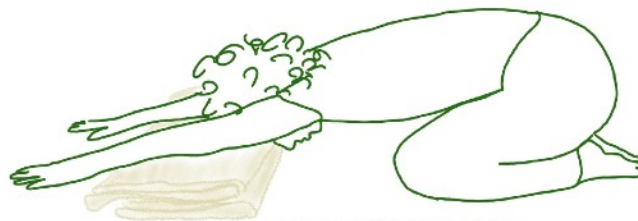
Sarvāṅgāsana



Halāsana



Setu Bandha Sarvāṅgāsana
bolster



Adho mukha vīrāsana



Śavāsana

