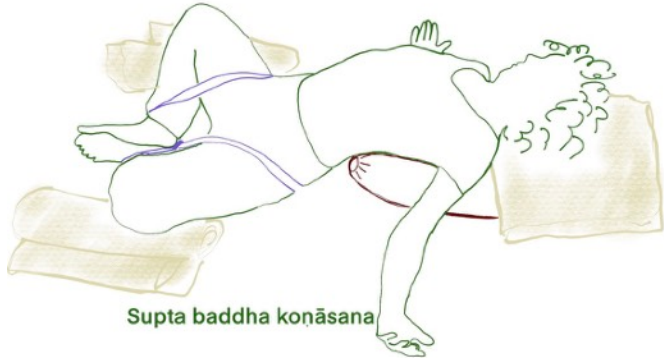


## PRATICA 2 - LIVELLO BASE -

> Osservare l'addome mentre si pratica  
**MANIPŪRA CAKRA**

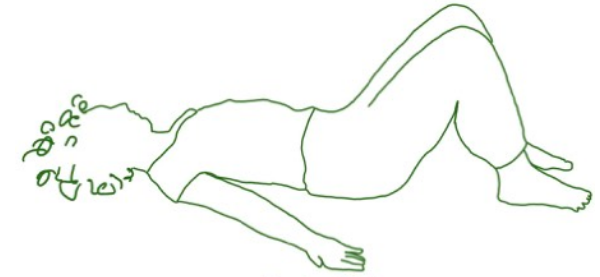
> Mani sull'addome: ascoltare  
il respiro nell'ombelico



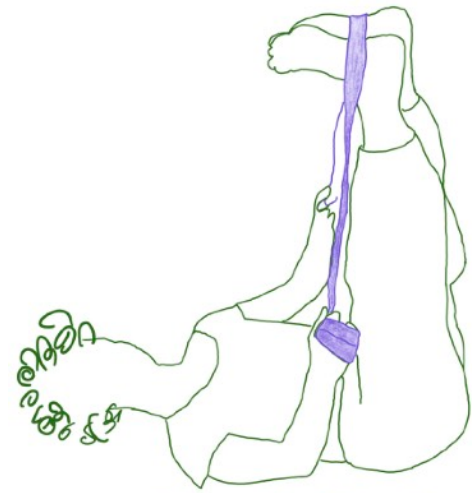
Supta baddha konāsana



Adho mukha svastikāsana



Supta tādāsana  
gambe piegate

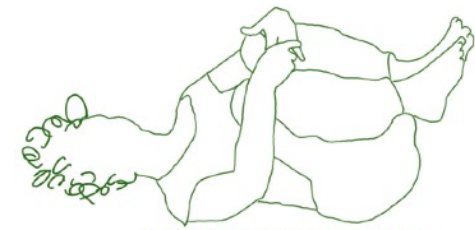


Ūrdhva prasārita pādāsana III  
con cintura

Gambe a 90°- 60°- 30°



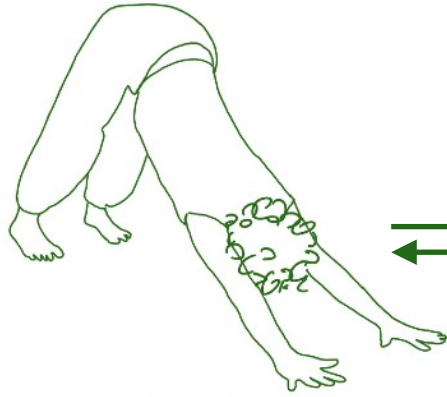
Ūrdhva prasārita pādāsana III



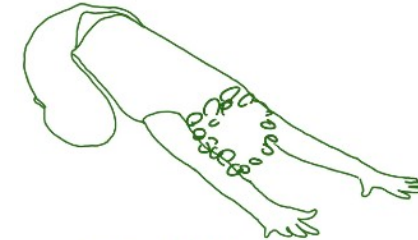
Dwi pāda supta pavanmuktāsana

- > piedi uniti
- > piedi larghi quanto il bacino
- > piedi larghi quanto il materassino e talloni in fuori

- > piedi e ginocchia unite
- > piedi e ginocchia parallele
- > piedi uniti e ginocchia aperte quanto il busto



Adho Mukha Śvānāsana



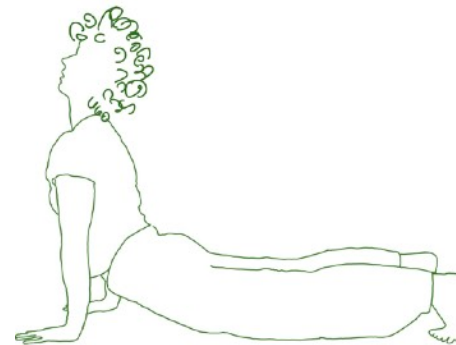
Adho Mukha Vīrāsana



Pārsvottānāsana  
fase concava



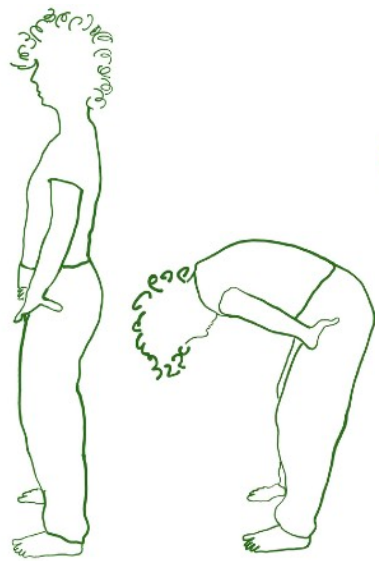
Parivṛtta trikoṇāsana



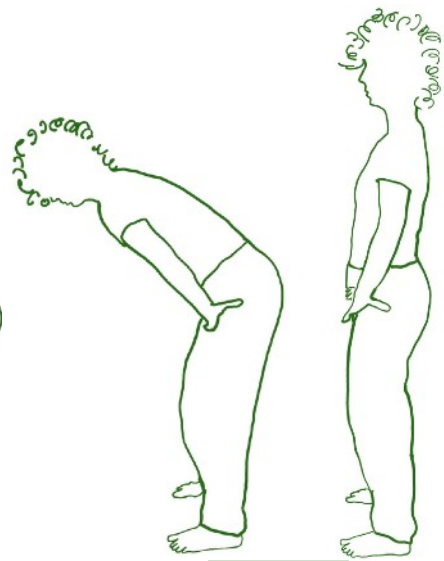
Ūrdhva mukha śvānāsana



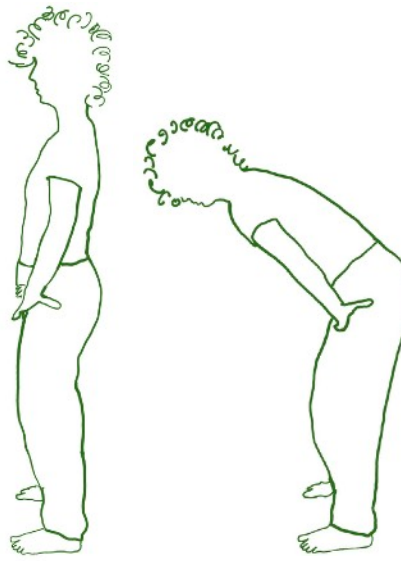
Adho Mukha Śvānāsana



ES



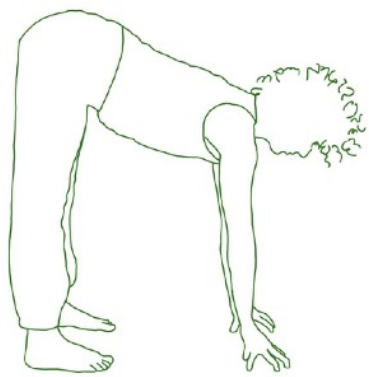
IN



ES



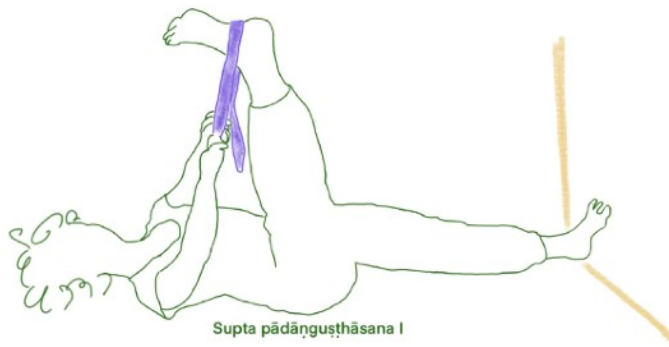
IN



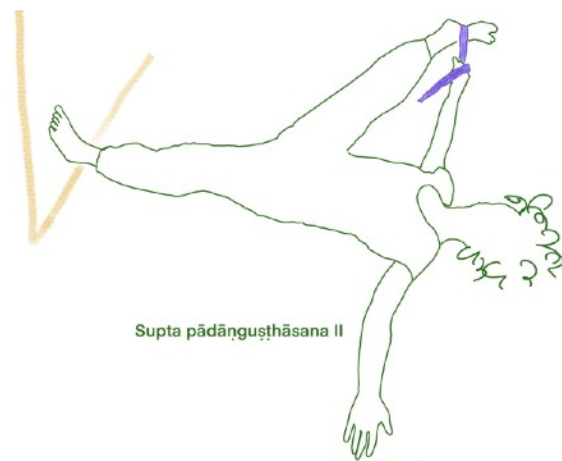
Uttānāsana  
fase concava



Uttānāsana



Supta pādāṅguṣṭhāsana I



Supta pādāṅguṣṭhāsana II



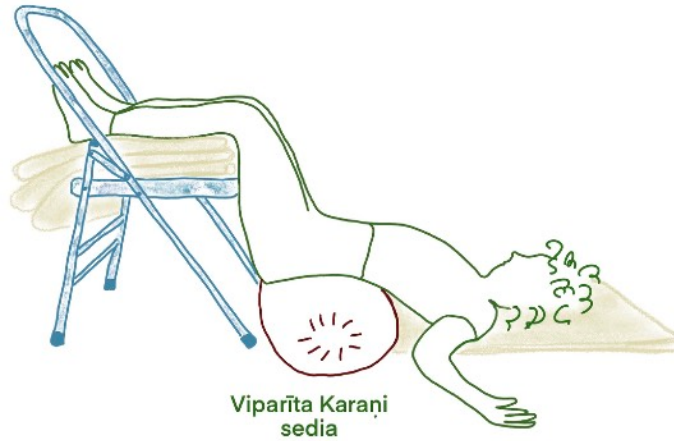
Bharadvājāsana I



Baddha koṅāsana



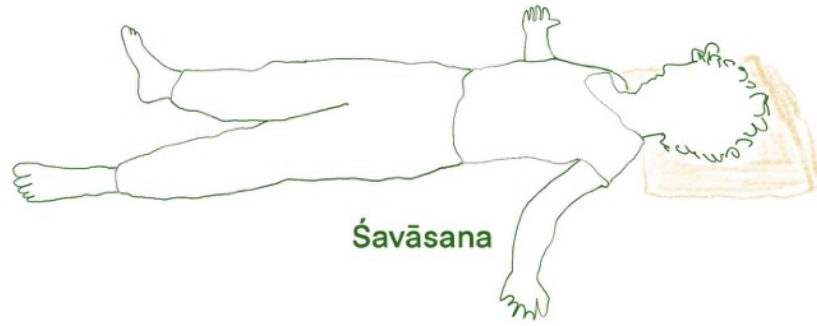
Viparīta karaṇi



Viparīta Karaṇi  
sedia



Adho mukha svastikāsana



Śavāsana

