

PRATICA 3 - TUTTI I LIVELLI -



Baddha koṅāsana

- > il sacro scende
- > lo sterno sale
- > rilassare l'addome
- > aprire il torace

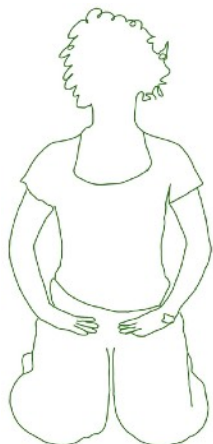


Upaviṣṭa koṅāsana

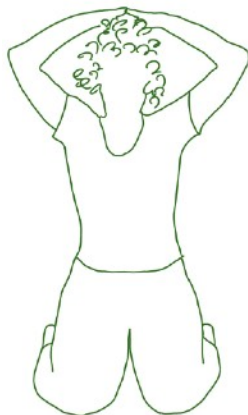
- > sollevare e abbassare le braccia, in alto e lateralmente come se si tenesse un oggetto tra le mani
- > mantenere la qualità dell'addome e del torace di Baddha konasana



Pārśva upaviṣṭha koṅāsāna



Vīrāsana



- > stirare tre volte le braccia in alto

1. facendo partire il movimento dalle scapole
2. partendo dalle scapole sentire come si trasmette il movimento nei gomiti
3. dalle scapole arrivare al palmo delle mani.

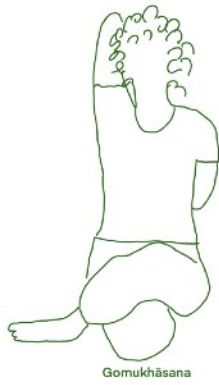
Mettere in relazione: le mani verso l'alto e il sacro verso il basso



Ūrdhva baddaṅguliyāsana da vīrāsana

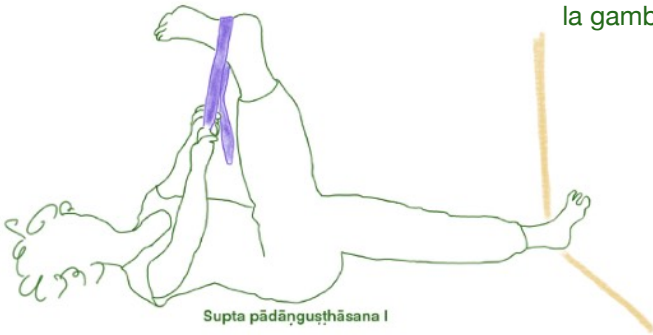


braccia in Garudāsana

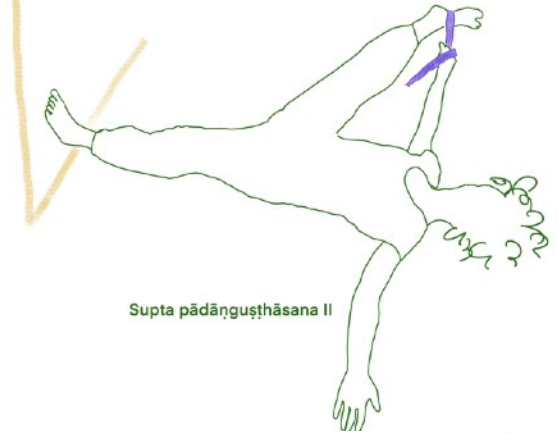


Gomukhāsana

> Eseguire tutte le posizioni da Supta Padangustasana I a Anantasana prima con la gamba destra e dopo con la gamba sinistra



Supta pādāṅguṣṭhāsana I



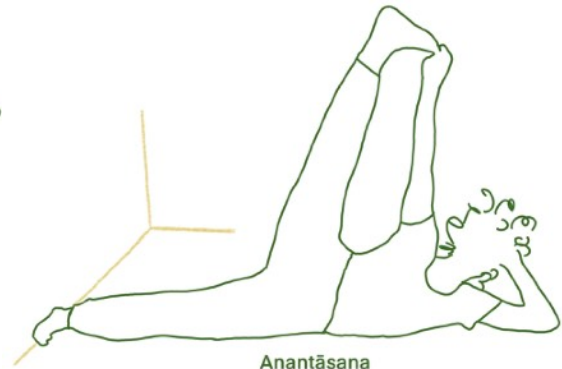
Supta pādāṅguṣṭhāsana II



preparazione per Supta pādāṅguṣṭhāsana III



Supta ardha padma paścimottānāsana



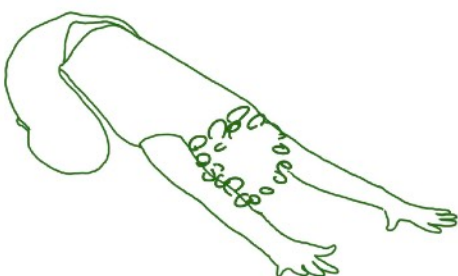
Anantāsana

Quando siete a carponi

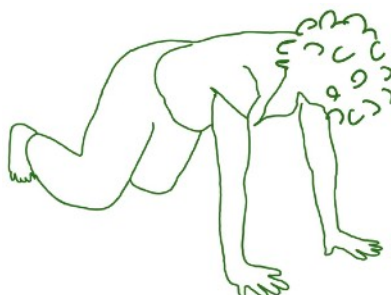
> cercate il movimento sagittale della colonna

Partendo dallo spostamento del peso da un arto all'altro

> cercate movimenti circolari in un senso e nell'altro



Adho Mukha Vīrāsana



Adho Mukha Śvānāsana

Da Parsvakonasana a Parivrta Janu Sirsasana

> lato destro



Pārsvakonāsana



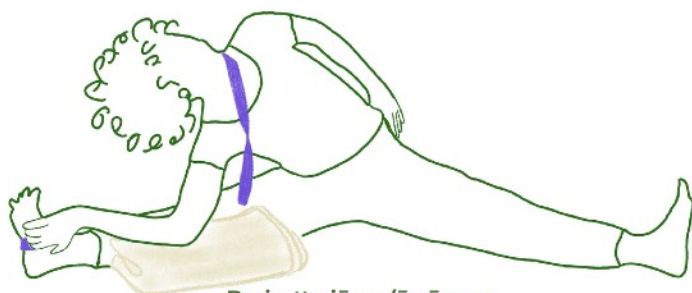
Parighāsana



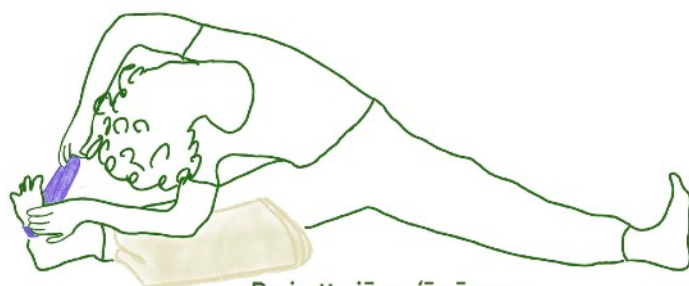
Parivrta jānu širšāsana
fase 1



Parivrta jānu širšāsana
fase 2



Parivrta jānu širšāsana
fase 3



Parivrta jānu širšāsana



Adho Mukha Śvānāsana

Da Parsvakonasana a Parivrta Janu Sirsasana > lato sinistro

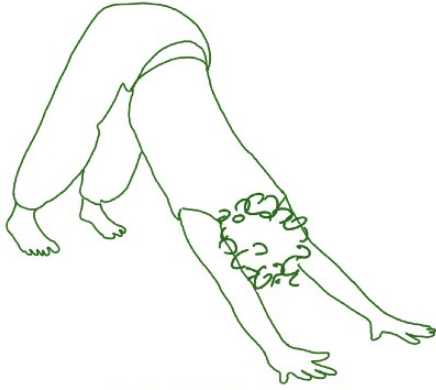


Supta vīrāsana

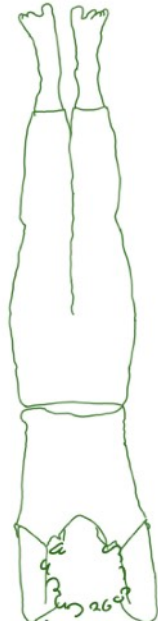
OPPURE



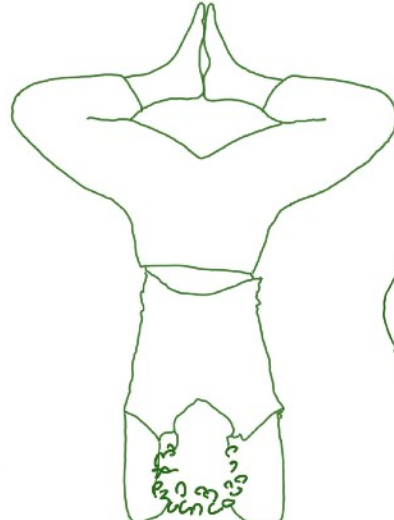
Supta baddha koṅāsana



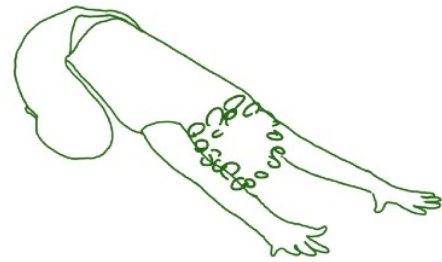
Adho Mukha Śvānāsana



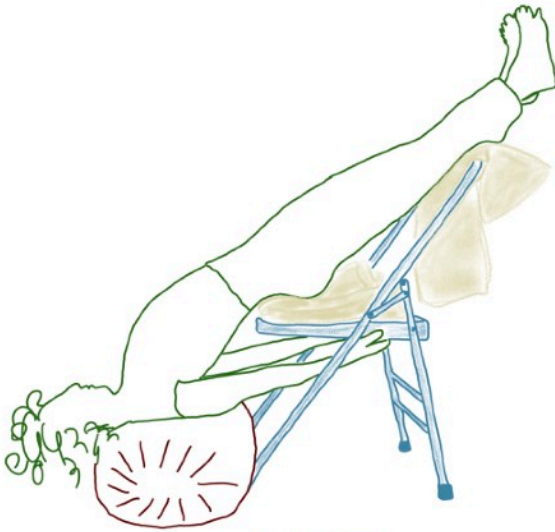
Śīrṣāsana



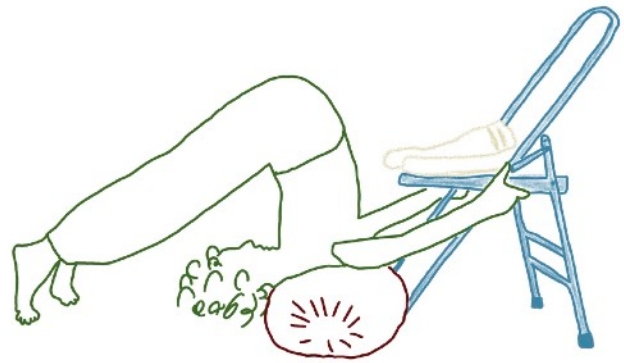
Baddha koṅāsana in śīrṣāsana



Adho Mukha Vīrāsana



Sarvāṅgāsana
sedā



Halāsana



Adho mukha svastikāsana



Śavāsana

