

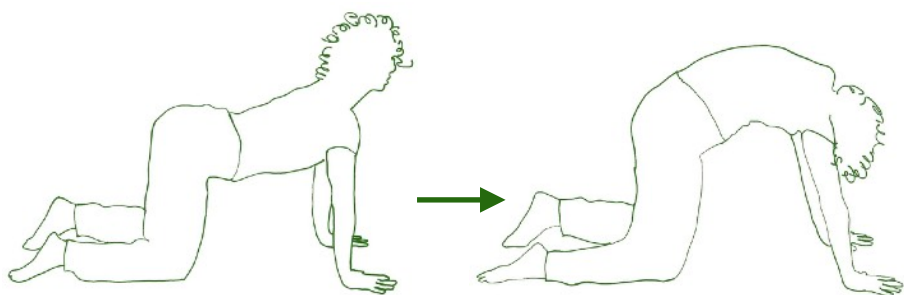
# PRATICA 1 - LIVELLO BASE -



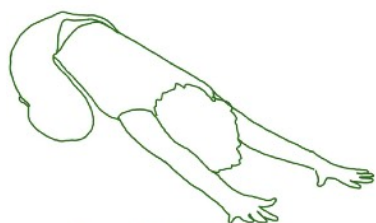
Supta baddha koṇāsana



Adho mukha vīrāsana

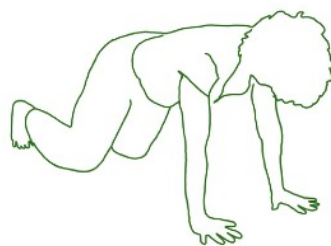


- > incominciare il movimento dalla testa
- > incominciare il movimento dal coccige
- > incominciare il movimento dall'ombelico

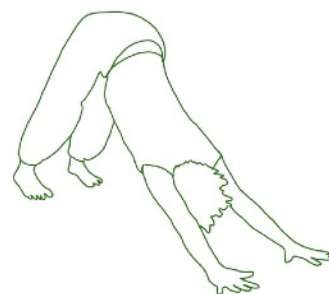


Adho Mukha Vīrāsana

IN →



ES →



Adho Mukha Śvānāsana



Ūrdhva Hāstāsana



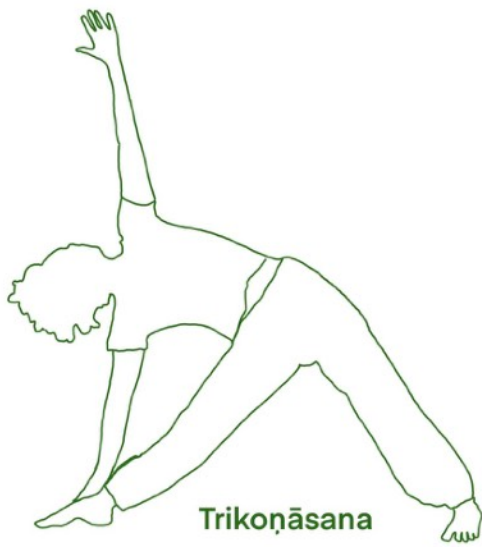
Ūrdhva Baddhāṅgulyāsana



Tādāsana  
braccia in Garuḍāsana



Gomukhāsana  
da Tādāsana



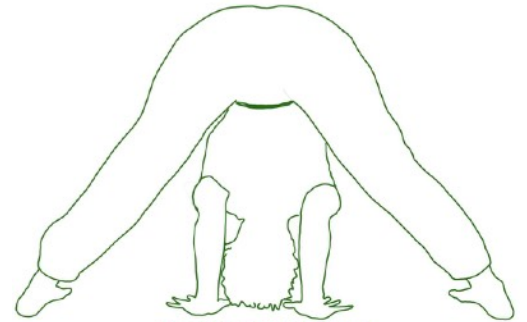
**Trikoṇāsana**



**Pārsvakoṇāsana**

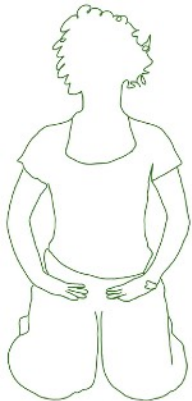


**Prasārita Pādottānāsana  
fase concava**



**Prasārita Pādottānāsana**

**> osservare il canale centrale (sushumna)**



**Virāsana**



**Ūrdhva baddhanguliyāsana  
da virāsana**



**Pārsva virāsana**



**Baddha koṇāsana**



**Upaviṣṭa koṇāsana**



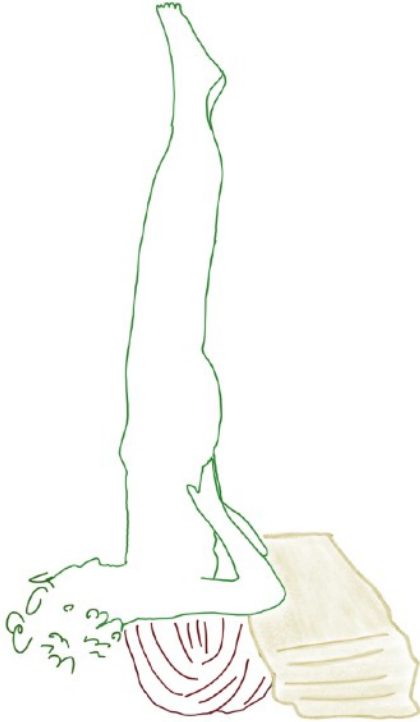
**Pārsva upaviṣṭa koṇāsana**



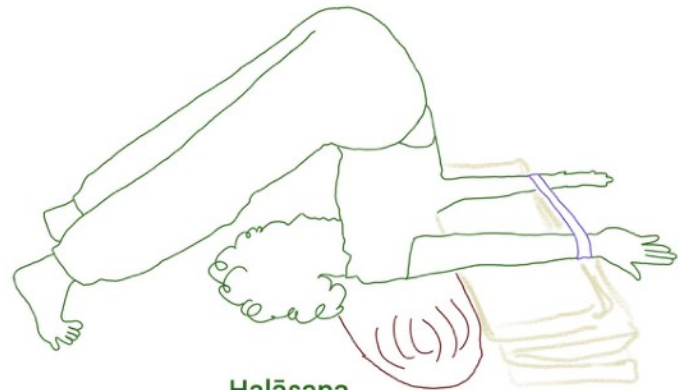
Setu Bandha Sarvāngāsana  
bolster



Adho mukha svastikāsana



Sarvāngāsana



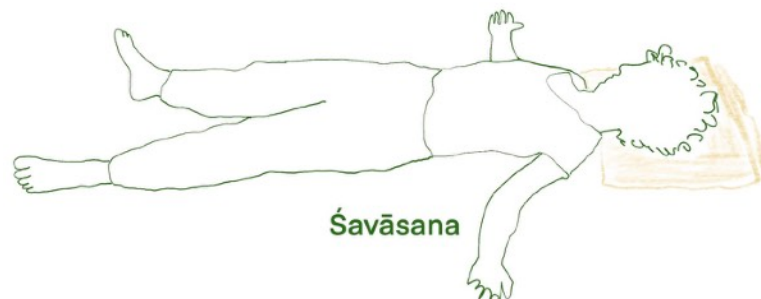
Halāsana



Viparīta karaṇi



Adho mukha vīrāsana



Śavāsana

