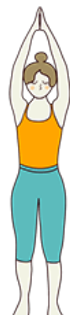


Chandra Namaskar - La Salutation à la Lune

Kayika Yoga



Variation Tadasana Baddha Hasta Ventre



Urdhva Namaskarasana



Parsva Urdhva Hastasana



Urdhva Namaskarasana



Parsva Urdhva Hastasana



Utkata Konasana



Utthita Tadasana



Parsva Hasta Padasana



Trikonasana



Parsvottanasana



Ashwa Sanchalanasana



Skandasana



Skandasana



Ashwa Sanchalanasana



Parsvottanasana



Trikonasana



Parsva Hasta Padasana



Utkata Konasana



Utthita Tadasana



Urdhva Namaskarasana



Parsva Urdhva Hastasana



Urdhva Namaskarasana



Parsva Urdhva Hastasana



Pranamasana



Variation Tadasana Baddha
Hasta Ventre