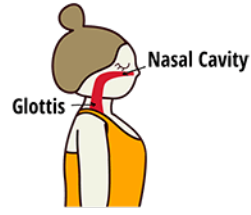
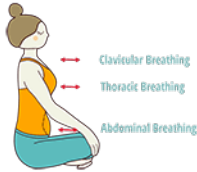




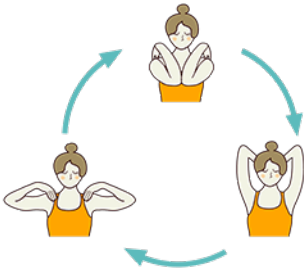
Sukhasana



Ujjayi Pranayama Close Up Variation



Sukhasana Neck Rotation



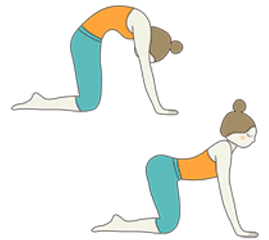
Skandha Chakra



Sukhasana Variation Side Bend



Sukhasana Anjali Mudra Variation Parivrtta Sukhasana Vinyasa



Bitilasana Marjaryasana



Adho Mukha Svanasana



Surya Namaskar



Anjaneyasana Variation Hands Toes



Anjaneyasana Hands To Knee



Utthita Ashwa Sanchalanasana



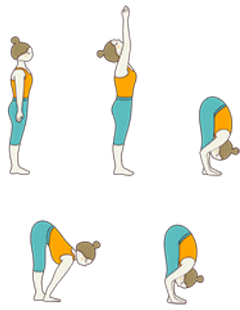
Ashta Chandrasana



Virabhadrasana III



Tadasana



Surya Namaskar Variation  
Uttanasana

R.O.S.

Répéter de l'autre côté



Utkatasana



Utkatasana Airplane Arms



Vrksasana



Baddha Hasta Uttanasana  
Prasarita Padottanasana



Ardha Parivrtta Prasarita  
Padottanasana



Viparita Trikonasana



Utthita Trikonasana

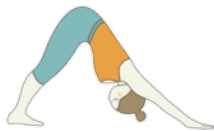


Prasarita Padottanasana



Parivrtta Prasarita  
Padottanasana

R.O.S.



Adho Mukha Svanasana



Balasana



Vajrasana



Ustrasana Variation 1



Vajrasana Garudasana



Parsva Baddha Hasta Uttana  
Vajrasana



Janu Sirsasana



Parivrtta Janu Sirsasana Prep



Upavistha Konasana Prep



Urdhva Mukha Upavistha  
Konasana



Baddha Konasana



Tarasana



Parivrtta Baddha Konasana



Setubandha Sarvangasana

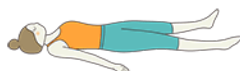


Pawanmuktasana

## Mantra Meditation



Supta Matsyendrasana II



Savasana