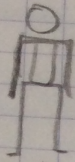
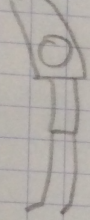


1) Samasthiti



2) Ardha Chandrasana

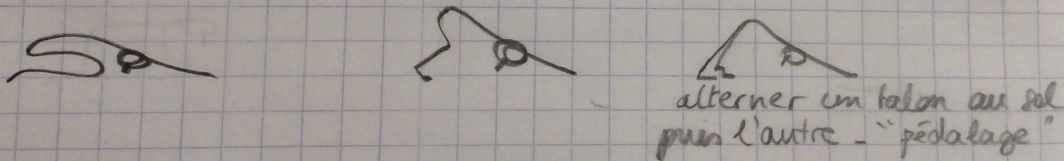


3) Enchaînement à faire du côté G, puis D  
Anjaneyasana = croissant de lune en fente basse

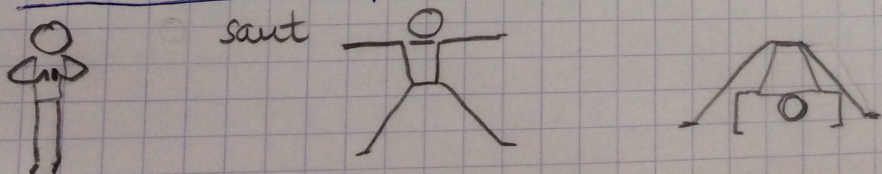


balasana - observation

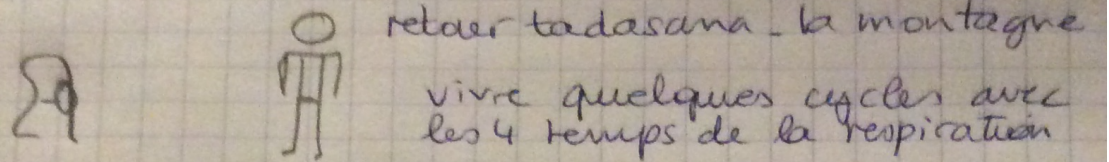
4) Adho Mukha Svanasana - chien tête en bas



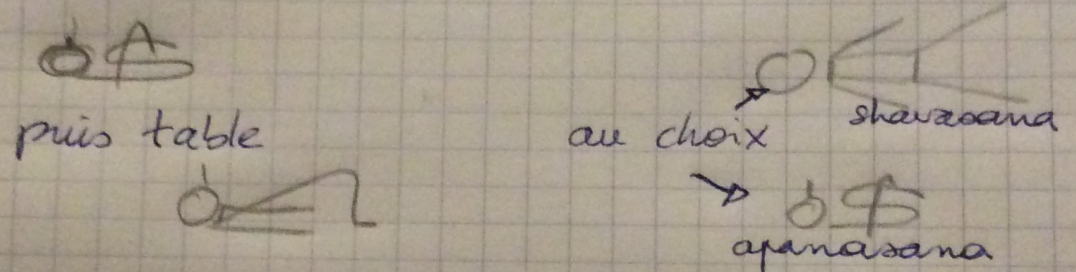
5) Prasarita Padottanasana - étirement intense - grand écart entre les pieds



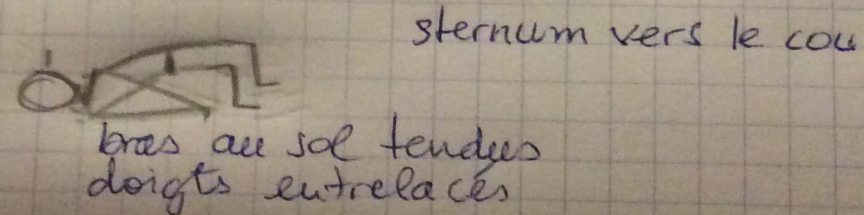
5) Suite - défaire la posture



6) Dwi pada pitam = table à deux pieds  
commencer par des rockings.



7) Setu Banda Shavangasana - demi-pont  
bras au sol, tendus vers talons



8) Shavasana ou assise

