



Padangusthasana
(nez)



Padahastasana
(nez)



Utthitatrikonasana A
(main)



Utthitatrikonasana B
(main)



Utthitaparsvakonasana A
(main)



Utthitaparsvakonasana B
(main)



Prasaritapadottanasana A
(nez)



Prasaritapadottanasana B
(nez)



Prasaritapadottanasana C
(nez)



Prasaritapadottanasana D
(nez)



Parsvottanasana
(pied)



Utthitahastapadangusthasana
(pied)



Utthitahastapadangusthasana
(gauche/droite)



Utthitahastapadangusthasana
(pied)



Ardhabaddhapadmottanasana
(Pied)



Utkatasana
(pouces)



Virabhadrasana
(pouces)



Virabhadrasana
(main)



Dandasana
(nez)



Pascimattanasana A
(pied)



Pascimattanasana B
(pied)



Purvattanasana
(nez)



Ardhabaddhapadma-
pascimattanasana
(nez)



Triyangamukhaikapada-
pascimattanasana
(pied)(nez)



Janusirsasana A
(pied)



Janusirsasana B
(pied)



Janusirsasana C
(pied)



Maricasana A
(pied)



Maricasana B
(nez)



Maricasana C
(droite/ gauche)



Maricasana D
(droite/ gauche)



Navasana
(pied)



Bhujapidasana
(nez)



Bhujapidasana
(nez)



Kurmasana
(nez)



Suptakurmasana
(nez)



Garbhapindasana
(nez)



Kukkatasana
(nez)



Baddhakonasana
(nez)



Baddhakonasana
(nez)



Upavisthakonasana A
(nez)



Upavisthakonasana B
(en haut)



Suptakonasana
(nez)



Suptakonasana
(nez)



Suptapadangusthasana
(pied)



Suptapadangusthasana
(pied)



Ubhayapadangusthasana
(nez)



Ubhayapadangusthasana
(en haut)



Urdhvamukhapascimattanasana
(nez)



Urdhvamukhapascimattanasana
(pied)



Setubandhasana
(nez)



Urdhvanurasana
(nez)



Pascimattanasana
(pied)



Sarvangasana
(nez)



Halasana
(nez)



Karnapidasana
(nez)



Urdhvapadmasana
(nez)



Pindasana
(nez)



Matsyasana
(nez)



Uttanapadasana
(nez)



Sirsasana
(nez)



Sirsasana
(nez)



Baddhapadmasana
(nez)



Yogamudra
(nez)



Padmasana
(nez)



Utplutih
(nez)



Sukhasana
(les yeux fermés)