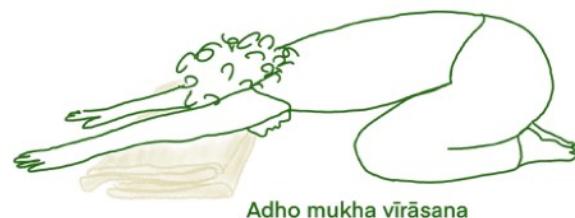
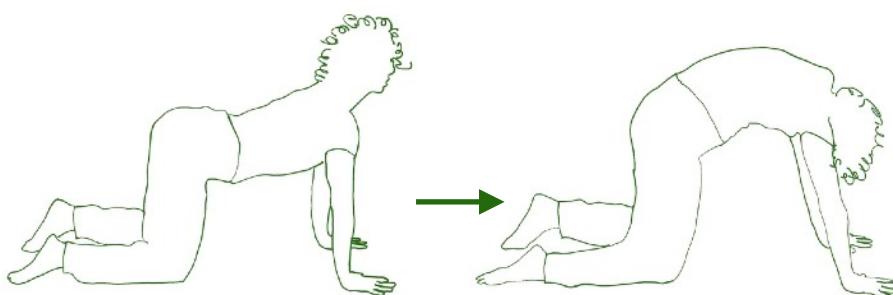


PRATICA 1 - LIVELLO BASE -



Supta baddha konāsana

Adho mukha vīrāsana

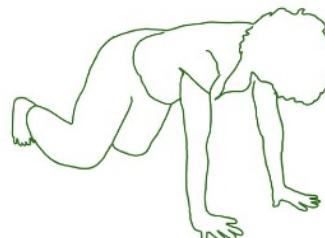


- > incominciare il movimento dalla testa
- > incominciare il movimento dal coccige
- > incominciare il movimento dall'ombelico

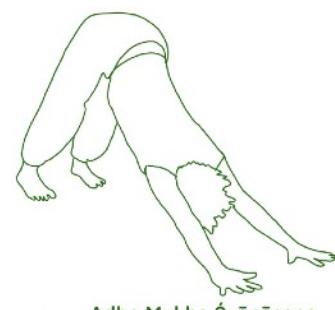


Adho Mukha Vīrāsana

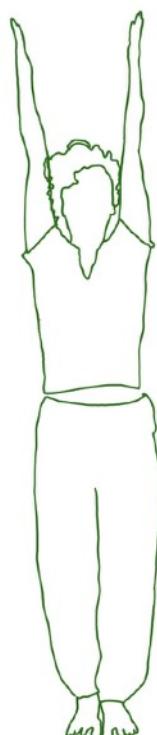
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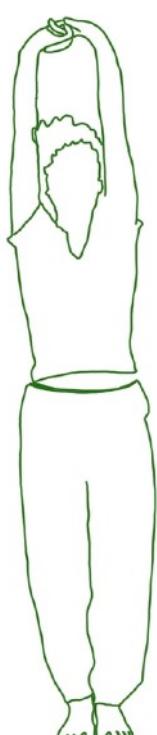
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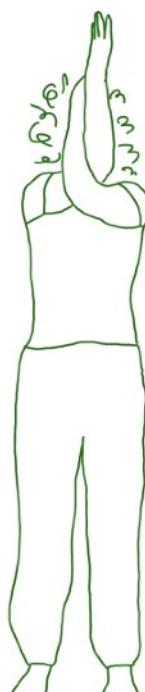
Adho Mukha Śvānāsana



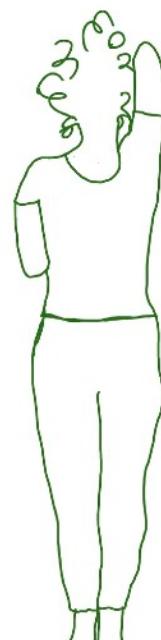
Urdhva Hāstāsana



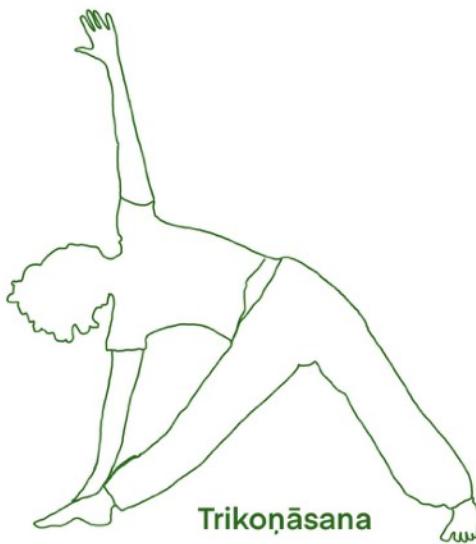
Urdhva Baddhāngulīyāsana



Tādāsana
braccia in Garudāsana



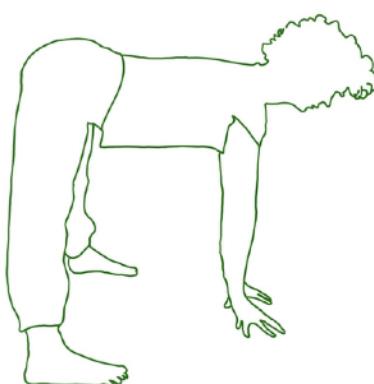
Gomukhāsana
da Tādāsana



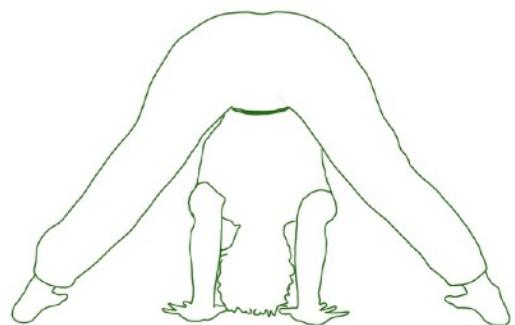
Trikonāsana



Pārśvakonāsana

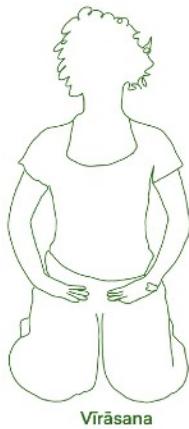


Prasārita Pādottānāsana
fase concava



Prasārita Pādottānāsana

> osservare il canale centrale (sushumna)



Vīrāsana



Ūrdhva baddanguliyasana
da vīrāsana



Pārśva vīrāsana



Baddha konāsana



Upaviṣṭa konāsana



Pārśva upaviṣṭha konāsana

