






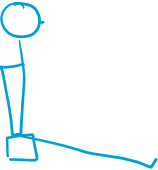

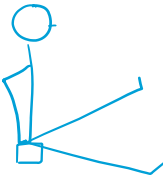




GUIDE DE POSTURES

POSTURES ASSISES ET COUCHÉES – UPAVISTHA ET SUPTA

| | | |
|---|--|--|
|  <p>SUKHASANA</p>  |  <p>BADDHA KONASANA</p>  |  <p>VIRASANA</p>  |
|  <p>DANDASANA</p>  |  <p>UPAVISTHA KONASANA</p>  |  <p>SAVASANA ET SES VARIATIONS</p>  |

POSTURES DEBOUT – UTTHITA

| | | |
|--|---|--|
|  <p>SUPTA PADANGUSTASANA I</p>  |  <p>SUPTA PADANGUSTASANA II</p>  |  <p>UTTHITA CHATURANGA DANDASANA</p>  |
|  <p>POUSSÉE AU MUR</p>  |  <p>ADO MUKHA SVANASANA</p>  |  <p>ANJAYENASANA</p>  |

POSTURES DEBOUT – UTTHITA



TADASANA



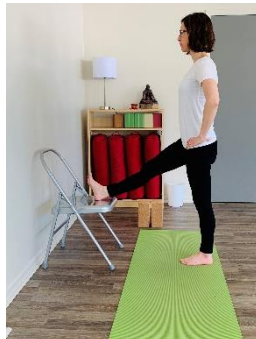
URDHVA HASTASANA



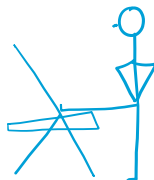
UTKATASANA



VRKSASANA



**UTTHITA HASTA
PADANGUSTASANA I**

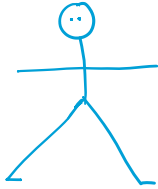


UTTHITA HASTA PADASANA

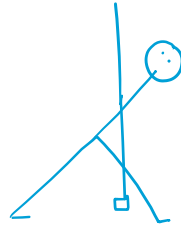




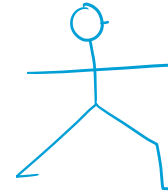
PARSVA HASTA PADASANA



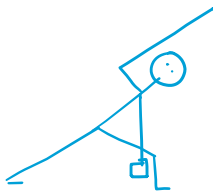
UTTHITA TRIKONASANA



VIRABHADRASANA II



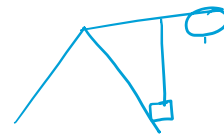
UTTHITA PARSVA KONASANA


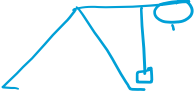

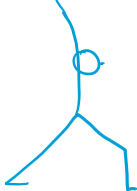



UTTANASANA










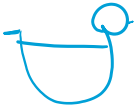



PRASARITA PADOTTANASANA






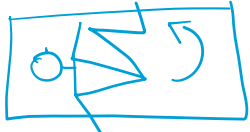

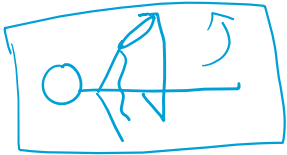
| | | |
|---|--|---|
|  <p>PARSVOTTANASANA</p>  |  <p>VIRABHADRASANA I</p>  |  |
|---|--|---|

POSTURES EXTENSIONS ARRIÈRE – PURVA PRATANA


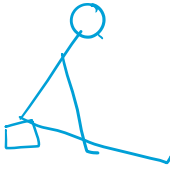
| | | |
|---|--|---|
|  <p>SETU BANDHA</p>  |  <p>BHUJANGASANA</p>  |  <p>SALABHASANA</p>  |
|---|--|---|

| | | |
|---|---|---|
|  <p>DHANURASANA</p>  |  <p>USTRASANA</p>  |  |
|---|---|---|

POSTURES ROTATIONS – PARIVRTTA

| | | |
|---|---|--|
|  <p>ROTATION SUR CHAISE</p>  |  <p>JATHARA PARIVARTANASANA</p>  |  <p>SUPTA PADANGUSTASANA III</p>  |
| <p>PARIVRTTA SUKHASANA</p> | <p>PARIVRTTA VIRASANA</p> | <p>PARIVRTTA UPAVISTHA KONASANA</p> |

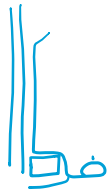
POSTURES FLEXIONS AVANT – PASCHIMA RATANA

| | | |
|--|---|---|
|  <p>BALASANA</p>  |  <p>PASCHIMOTTANASANA</p>  |  <p>JANUSIRSASANA</p>  |
|  <p>UPAVISTHA KONASANA FLEXION</p>  |  |  |

POSTURES DE RÉCUPÉRATION ET INVERSIONS – VISHRANTA KARAKA



VIPARITA KARANI



SETU BANDHA SUPPORTÉ



SALAMBA SARVANGASANA



HALASANA



SAVASANA

