

• DORSALE •

ASCOUTO
RESPIRO
X 3

in TADASANA

o LOTO



BALASANA



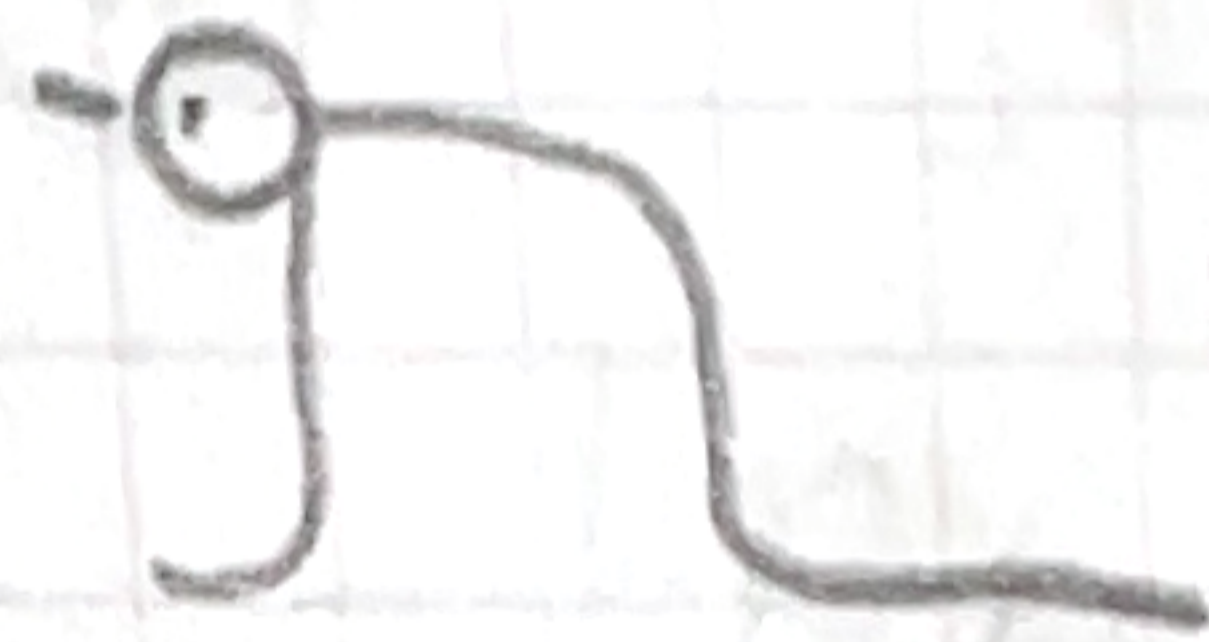
X 3/5
volte

fatto/mucca completo
TUTTA la colonna

BRUCO



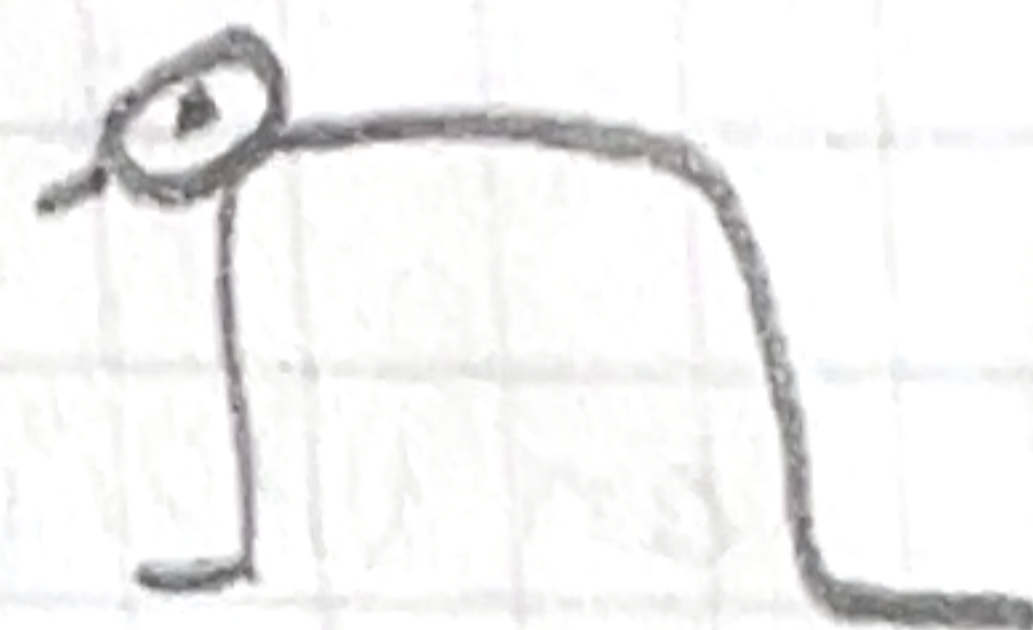
X 3 Respirii



quadrupede

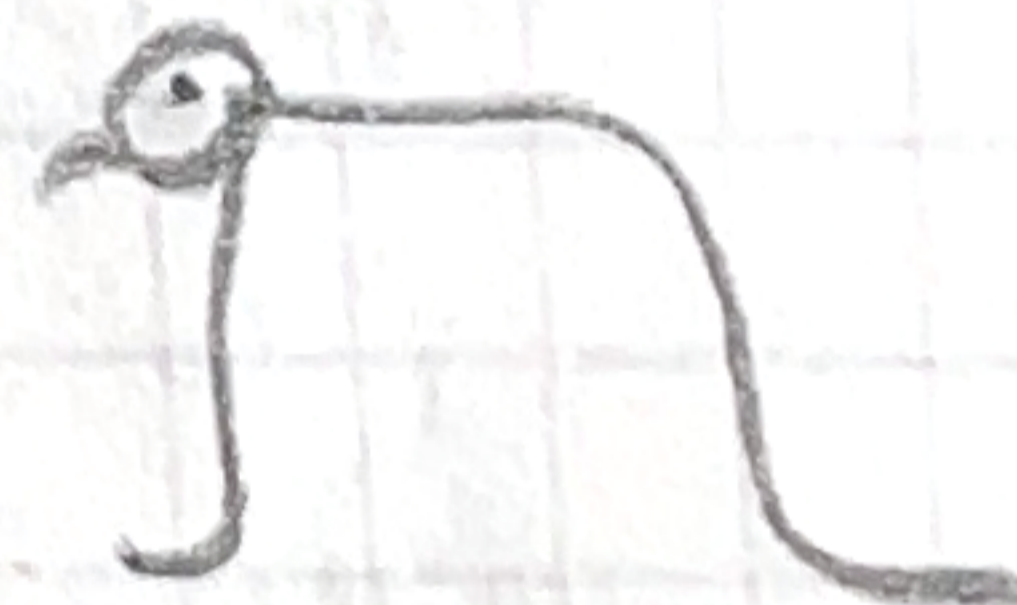


braccio gambe
dx e sn
alternato



quadrupede

TORSIONE BUSTO dx
e sn



quadrupede

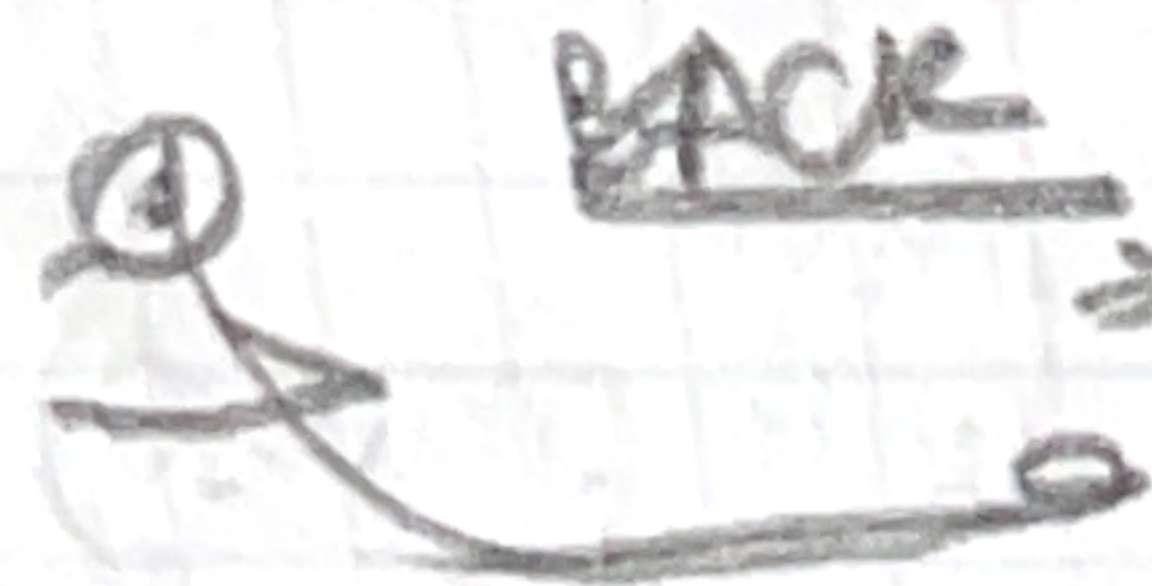
cone faccia ↓
ADITO MUKHA
SHANASANA



cone ↓

X 3 Resp.

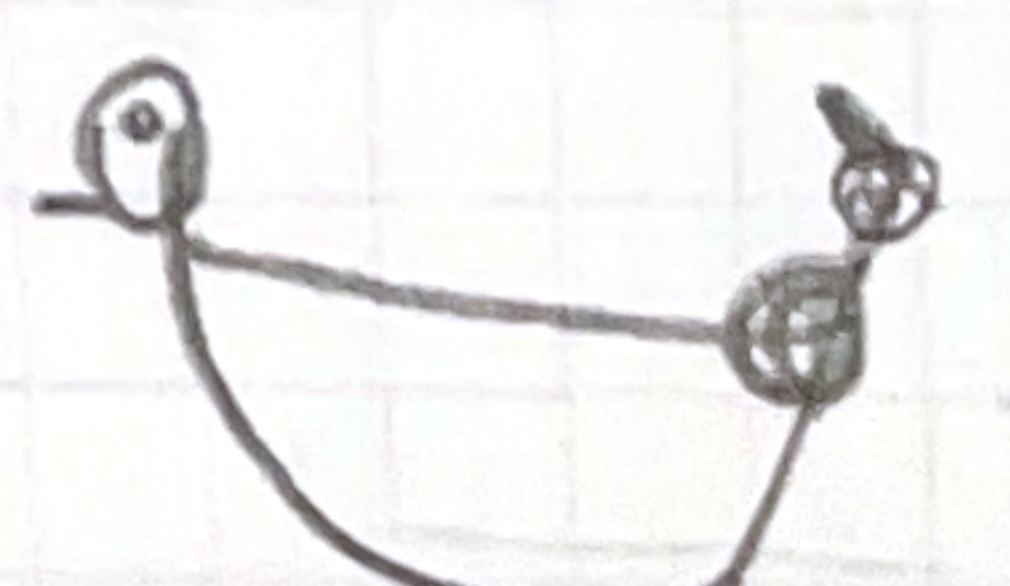
SHANASANA
X 5



COBRA POSE
BHUJANGASANA



SUPERMAN
POSE
VIPARITA
SHALABHASANA



ARCO
BOW POSE
DHANURASANA

APANASANA



con
tappetino
e le
scopole



FISH POSE



rotazione
a dx

a sn

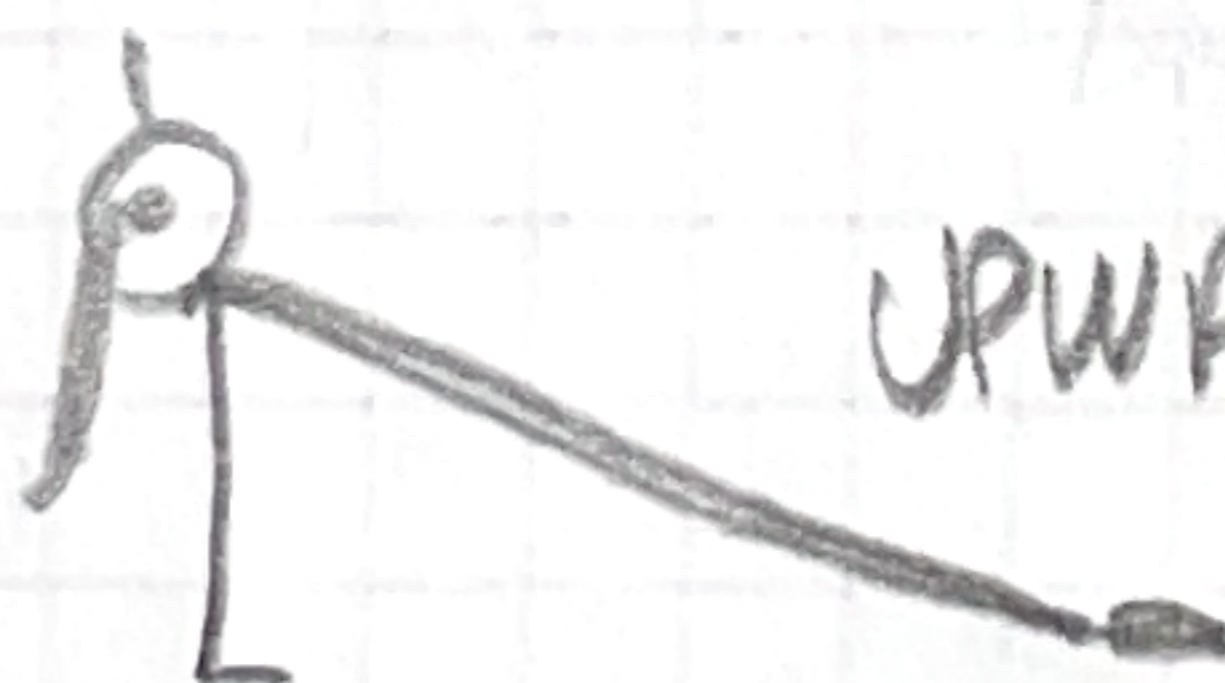
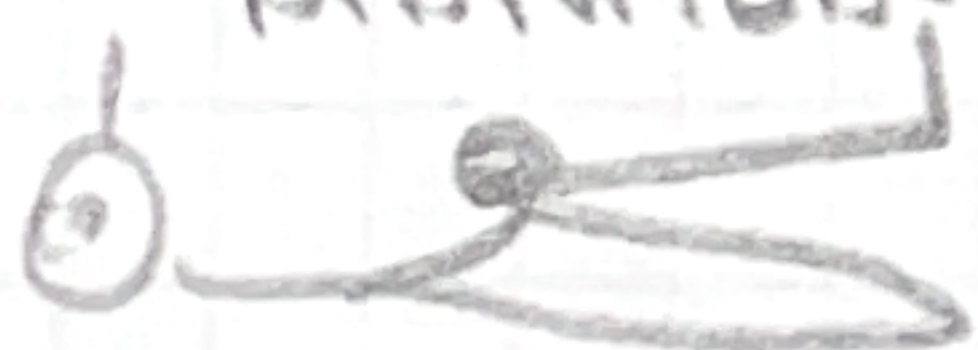
BRIDGE POSE

con VARIANTE

dx e sn



APANASANA



UPWARD PLANK POSE

PURVOTANASANA

+ VARIANTI



dx e sn

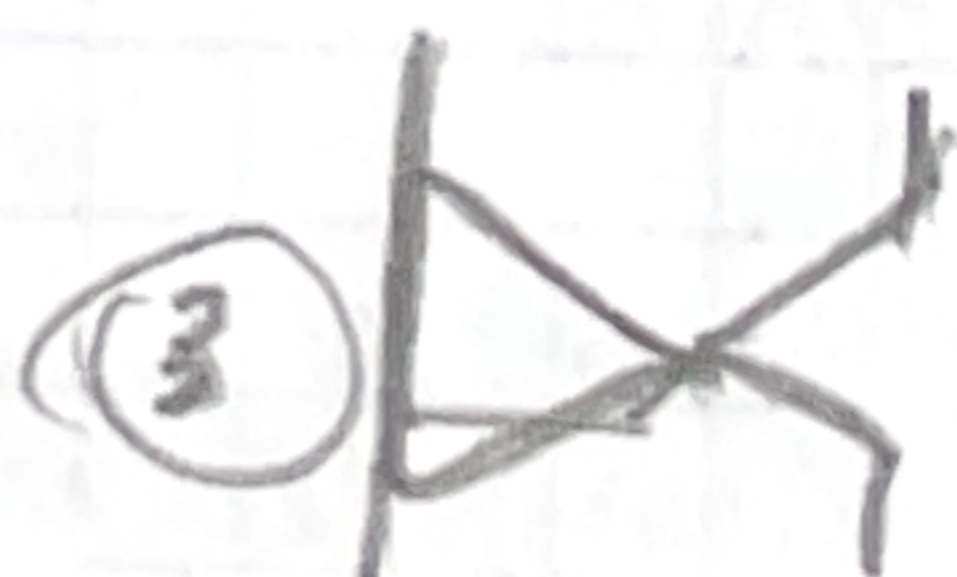
DANDASANA



CHAKRASANA

(x chi vuole provare)

APANASANA



BHUVASANA