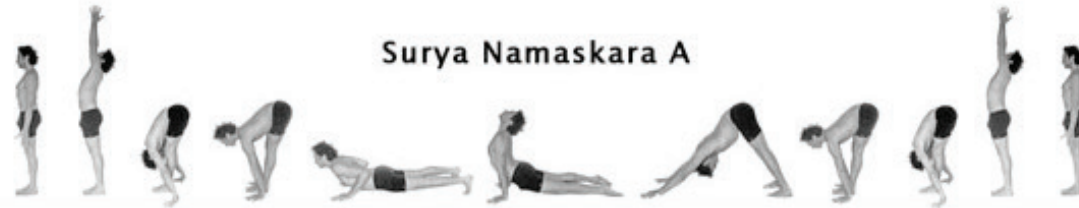
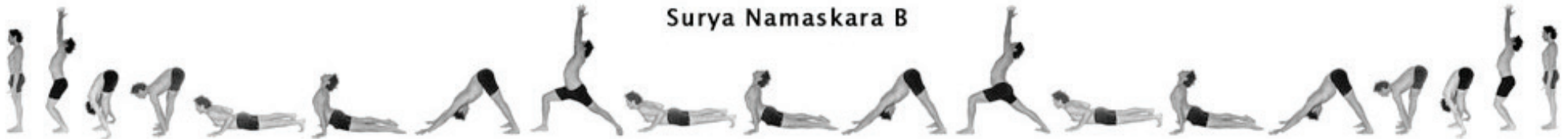


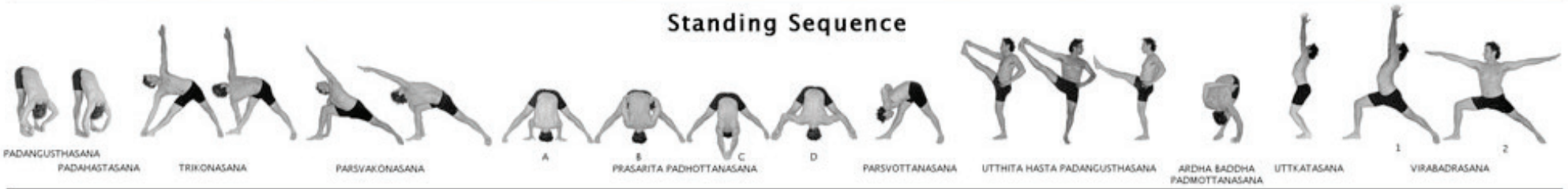
La première série d'Ashtanga Yoga



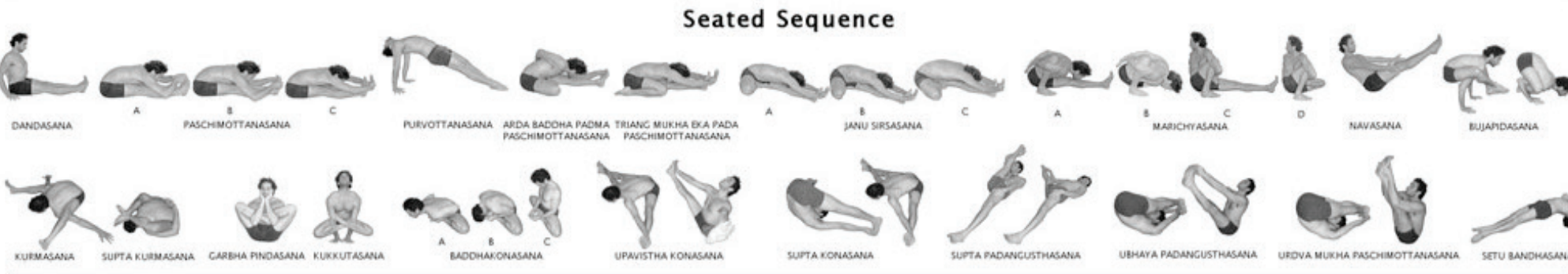
Surya Namaskara A



Surya Namaskara B



Standing Sequence



Seated Sequence



Finishing Sequence

La pratique doit être entreprise sous la supervision d'une enseignante expérimentée. La respiration et le Drishti guident votre pratique et fixent votre concentration.