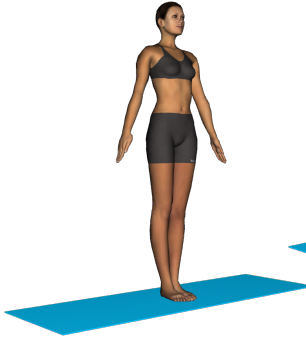


13 Uttanasana



1 Tadasana



2 Urdhva Baddhanguliyasana



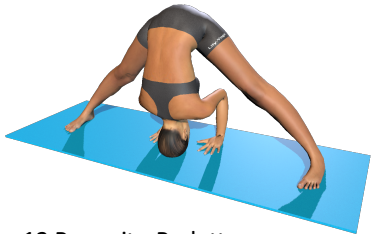
3 Utthita Trikonasana



4 Virabhadrasana 2

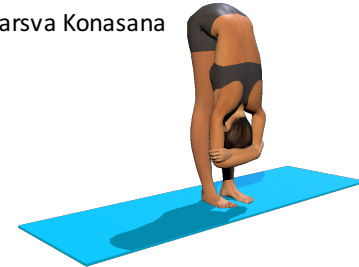


5 Utthita Parsva Konasana



12 Prasarita Padottanasana

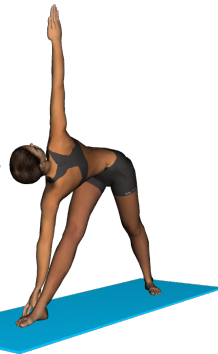
Yoga à petits pas...
Retrouver chez soi le parfum des cours...



6 Badha Hasta Uttanasana



11 Parsvottanasana



10 Parivrtta Trikonasana



8 Ardha Chandrasana



7 Virabhadrasana 1



9 Parsvottanasana dos concave

Images déposées Gilles Vachon :
info@lily-yoga.com
Hélène Artaud
www.yoga-petits-pas.fr