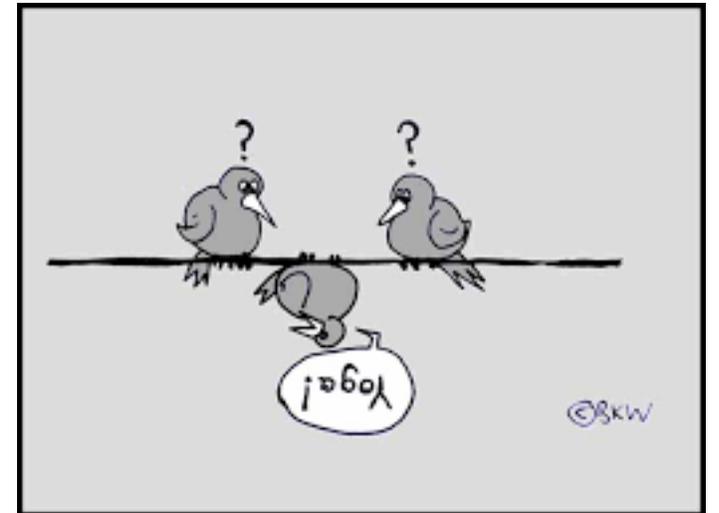
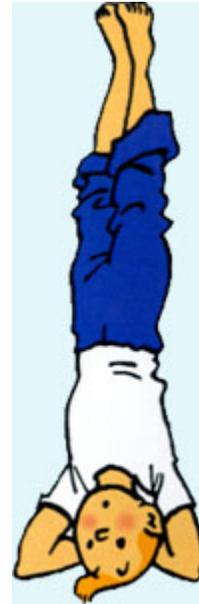




Postures inversées

Clin d'œil à l'atelier du 8 octobre 2016

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



Dans la famille INVERSEES..., je demande...!!

The image displays six overlapping cards, each representing a different inverted yoga asana. Each card has a red header with a number and a French label, and a blue body with an illustration of the asana and its name in French.

- Card 1:** Header: "FAMILLE INVERSEES" with "1-". Illustration: A person in a dark top and shorts performing a standing forward bend. Name: "Salamba Sarvangasana".
- Card 2:** Header: "FAMILLE INVERSEES" with "2-". Illustration: A person in a dark top and shorts performing a shoulder stand. Name: "Adho Muktasana".
- Card 3:** Header: "FAMILLE INVERSEES" with "3- Le fils". Illustration: A person in a dark top and shorts performing a handstand. Name: "Pincha Mayurasana".
- Card 4:** Header: "FAMILLE INVERSEES" with "4- La fille". Illustration: A person in a dark top and shorts performing a bridge pose. Name: "Setu Bandha Sarvangasana".
- Card 5:** Header: "FAMILLE INVERSEES" with "5- Le grand-père". Illustration: A person in a dark top and shorts performing a reclining butterfly pose. Name: "Viparita Karani".
- Card 6:** Header: "FAMILLE INVERSEES" with "6- La grand-mère". Illustration: A person in a dark top and shorts performing a reclining butterfly pose. Name: "Viparita Karani".

FAMILLE "INVERSEES"

1- Le père



Sirsasana

FAMILLE "INVERSEES"

2- La mère



Salamba Sarvangasana

FAMILLE "INVERSEES"

3- Le fils



Adho Mukha Vrksasana

FAMILLE "INVERSEES"

4- La fille



Pincha Mayurasana

FAMILLE "INVERSEES"

5- Le grand-père



Setu Bandha Sarvangasana

FAMILLE "INVERSEES"

6- La grand-mère



Viparita Karani



1



2



3



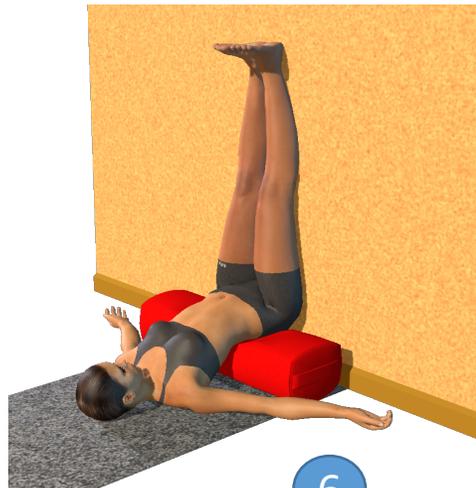
4



Comment s'appellent ces postures inversées?



5



6

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

www.yoga-petits-pas.fr
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