

1 Tadasana



2 Urdhva Baddanguliyasana



3 Utthita Trikonasana



4 Utthita Parsva Konasana



5 Virabhadrasana 1



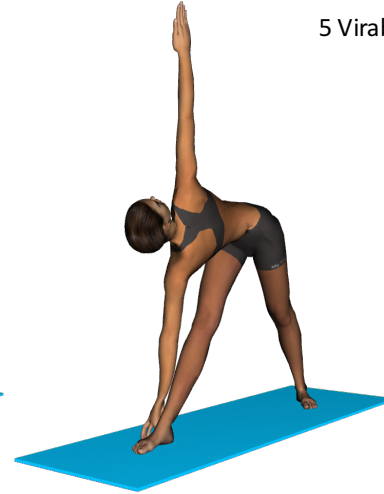
6 Virabhadrasana 2



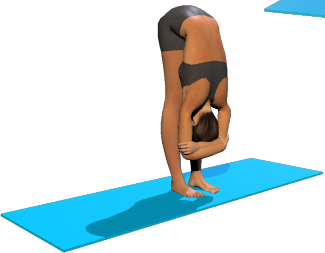
9 Parivrtta Ardha Chandrasana



8 Parivrtta Parsva Konasana



7 Parivrtta Trikonasana



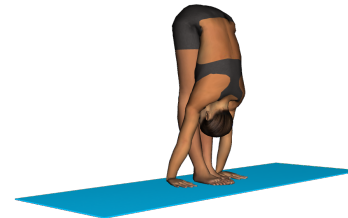
10 Badha Hasta Uttanasana



11 Parsvottanasana



12 Prasavrita Padottanasana



13 Uttanasana

**Série de postures debout  
Orientée  
« Torsions »**

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

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