



Urdhva
Baddhanguliyasana

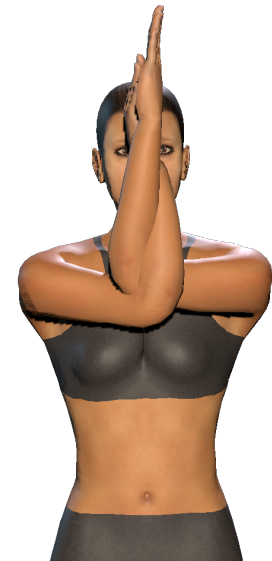


Gomukhasana

Postures d'épaules



Paschimo
Namaskarasana



Garudasanana