



12 Asanas de base selon la tradition de Sri Sivananda



Sirshasana - Posture sur la tête



Sarvangasana - Chandelle



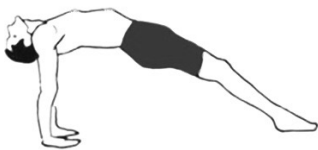
Halasana - Charrue



Matsyasana - Poisson



Pachimotanasana - Pince



Purvottanasana - Table



Bhujangasana - Cobra



Salabhasana - Sauterelle



Dhanurasana - Arc



Ardhamatsyendrasana - Torsion assise



Padahasthasana - Mains aux pieds



Kakasana - Corbeau



Trikonasana - Triangle