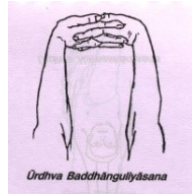
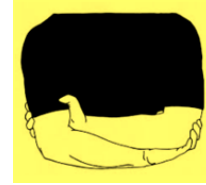


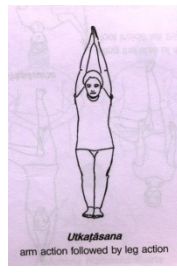
# Cours de yoga Juillet 2018



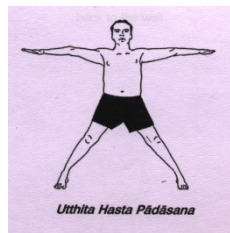
Urdhva Badhânguliyāsana



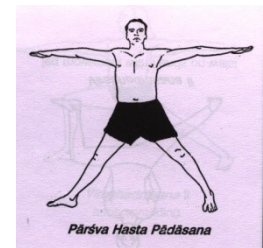
Vrîkṣāsana



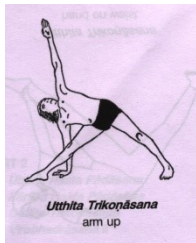
Utkalāsana  
arm action followed by leg action



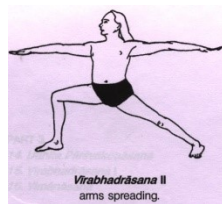
Utthita Hasta Pādāsana



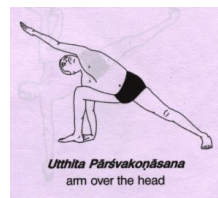
Pārśva Hasta Pādāsana



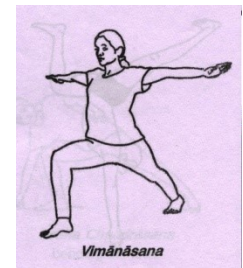
Utthita Trikoṇāsana  
arm up



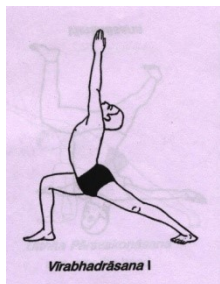
Virabhadrāsana II  
arms spreading.



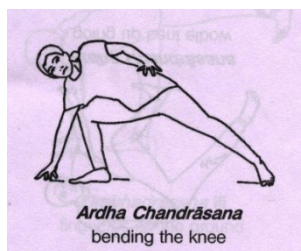
Utthita Pārśvakoṇāsana  
arm over the head



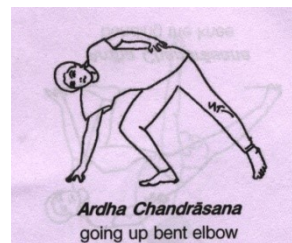
Vimānāsana



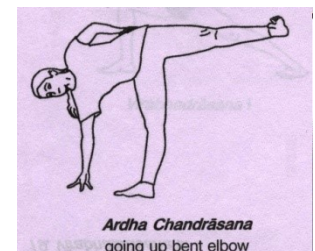
Virabhadrāsana I



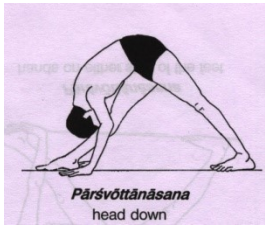
Ardha Chandrāsana  
bending the knee



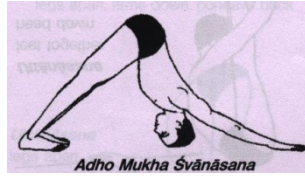
Ardha Chandrāsana  
going up bent elbow



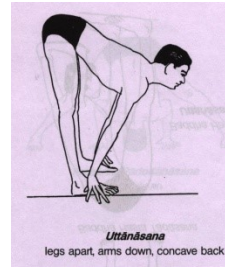
Ardha Chandrāsana  
going up bent elbow



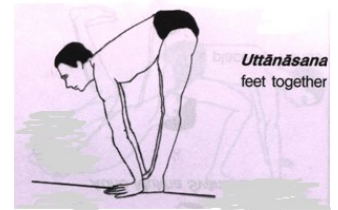
**Parsvottanasana**  
head down



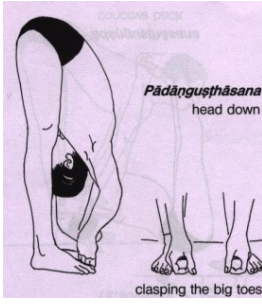
**Adho Mukha Svanasana**



**Uttanasana**  
legs apart, arms down, concave back

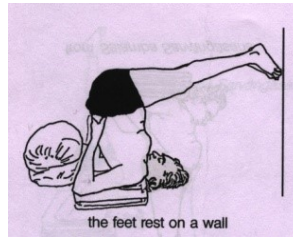


**Uttanasana**  
feet together

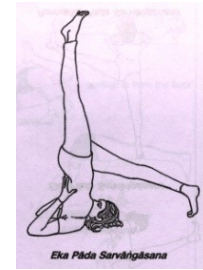


**Padangusthasana**  
head down

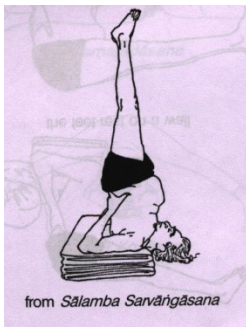
clasp the big toes



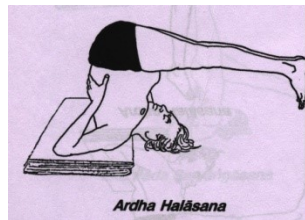
the feet rest on a wall



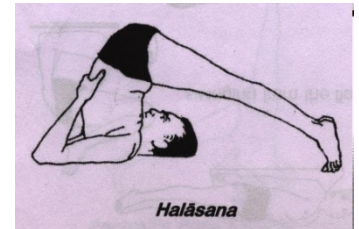
**Eka Pada Sarvangasana**



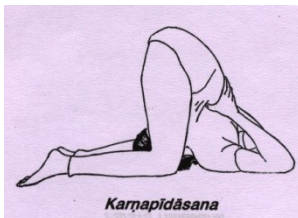
from *Salamba Sarvangasana*



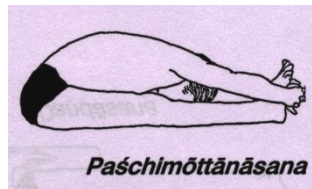
**Ardha Halasana**



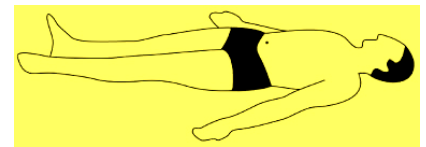
**Halasana**



**Karṇapidasana**



**Paschimottasana**



## **Consignes pour la pratique :**

**D'abord BRAVO, pour l'engagement que tu te permets de prendre pour maintenir ta pratique pendant mon absence!**

Alors voici la classe que je te propose :

Tu peux pratiquer la séance ci-dessous au moins 2 à 3 fois.  
Faire 5 jours par semaine si tu te sens le cœur à la pratique ou tout simplement faire quelques postures.

Pratique les postures de chaque côté environ 5 à 10 respirations.  
Mais oublie pas, fait seulement les postures de ton niveau que tu as vue avec moi.

Chaque jour que tu pratiques, respecte ton corps, ton souffle et ton état du moment du présent. Adapte la pratique selon ta condition, tes possibilités et ton niveau... Si tu en oublie les consignes, certaines postures sont sur le web.

Je te fais confiance... avec honnêteté pratique du mieux que tu peux... sans jugement, sans attente et sans compétition!

Bon mois de juillet

Namasté,  
Guylaine