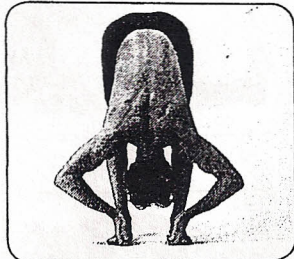
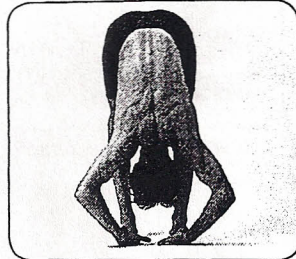


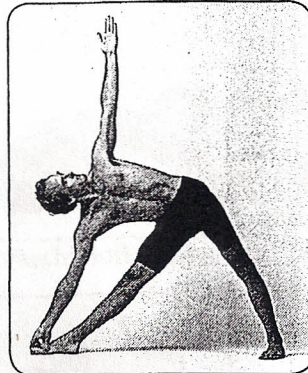
La sequenza in piedi



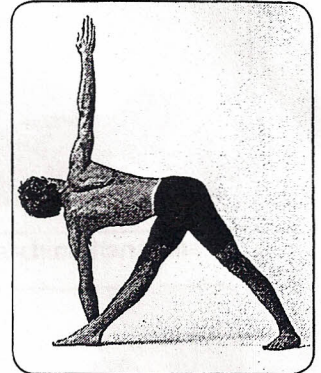
Padangusthasana



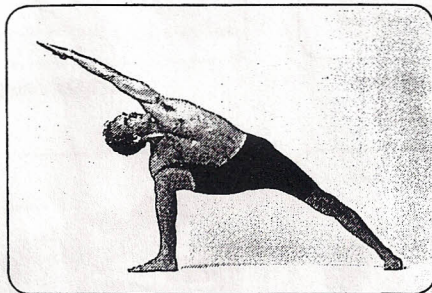
Padahasthasana



Utthita Trikonasana



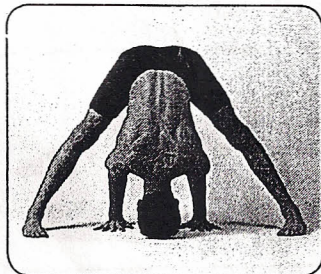
Parivritta Trikonasana



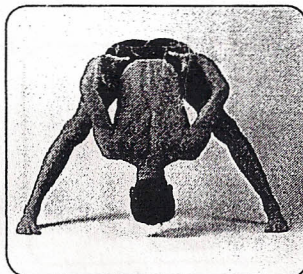
Utthita Parsvakonasana



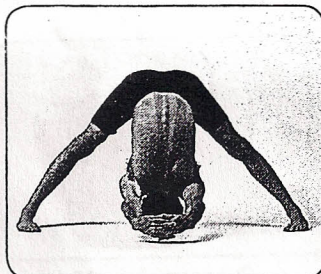
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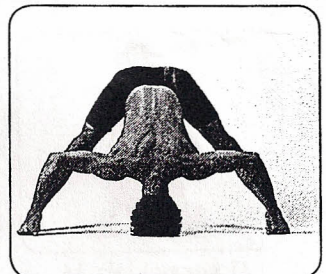
Prasarita Padottanasana
A



Prasarita Padottanasana
B



Prasarita Padottanasana
C



Prasarita Padottanasana
D



Equilibrio = un peso, una forza o un'influenza che contrasta l'effetto di un'altra

Webster's Dictionary