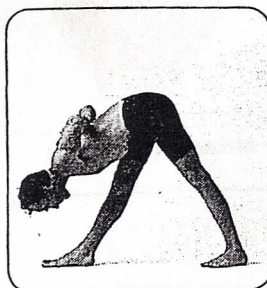
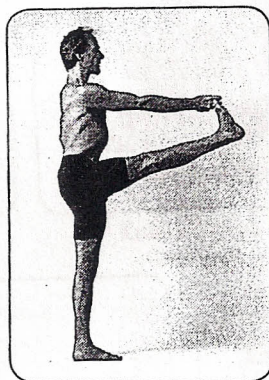


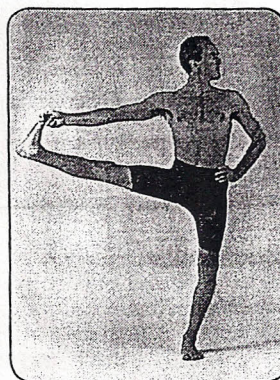
La sequenza in piedi



Parsvottanasana



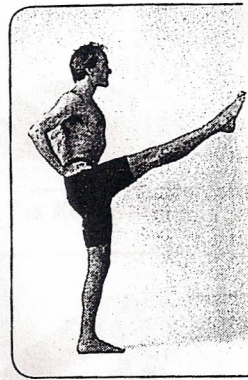
Utthita Hasta
Padangusthasana
A



Utthita Hasta
Padangusthasana
B



Utthita Hasta
Padangusthasana
C



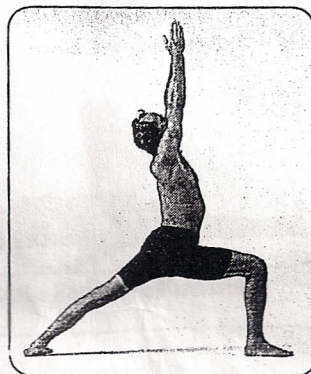
Utthita Hasta
Padangusthasana
D



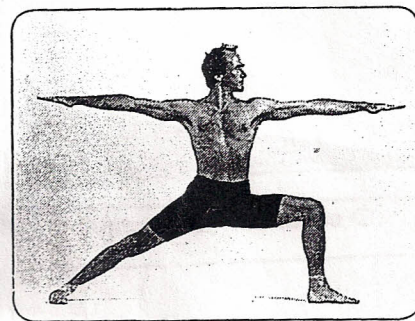
Ardha Baddha
Padmottanasana



Utkatasana



Virabhadrasana A



Virabhadrasana B



"L'unico vero viaggio è quello interiore."

Rainer Maria Rilke