

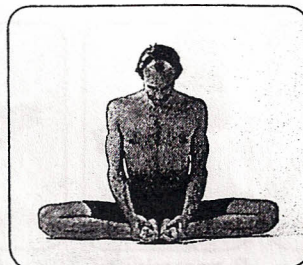
La prima serie



Garbha Pindasana



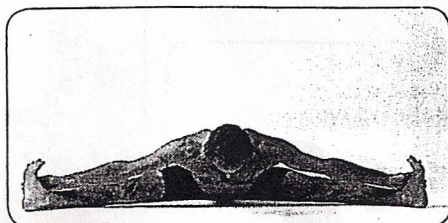
Kukkutasana



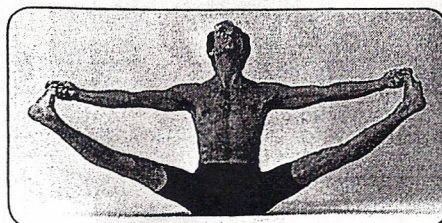
Baddha Konasana A



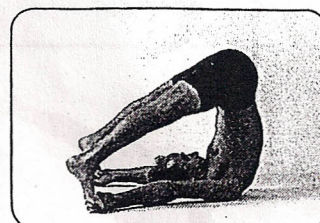
Baddha Konasana B



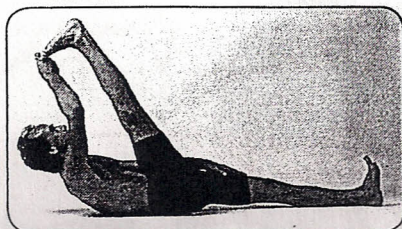
Upavishta Konasana A



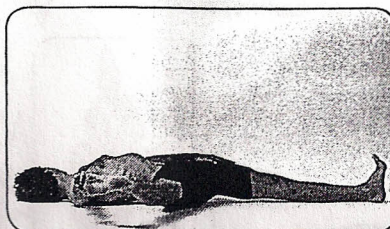
Upavishta Konasana B



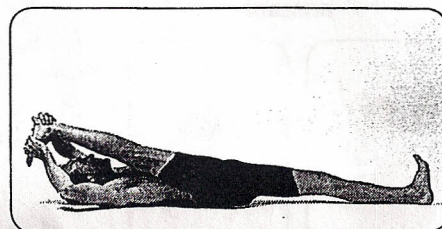
Supta Konasana



Supta Padangusthasana A



Supta Padangusthasana B



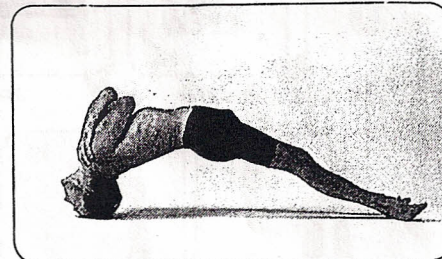
Supta Padangusthasana C



Ubhaya Padangusthasana



Urdhva Mukha
Paschimottanasana



Setu Bandhasana

"99% pratica – 1% teoria."

K. Pattabhi Jois