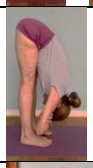
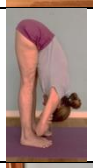
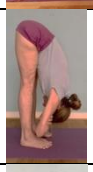
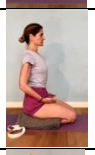
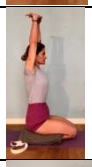
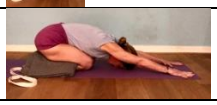
Iyengar Yogavidyasthana
CENTRE DE YOGA IYENGAR DE PARIS
35, avenue Victor Hugo 75116 Paris
Tél : 01.45.00.28.48
www.sfbiria.com

Pratique à la maison Niveau 2/3 – Étirements vers l'arrière

1.	Croisements des doigts derrière le dos – ouverture des épaules en Tādāsana (30 s X 2)	
2.	Urdhva Baddhāngūliyāsana – dos contre le mur (30 s X 2)	
3.	Gomukhāsana debout (30 s – 1 min)	
4.	Paschima Namaskar debout (1 min)	
5.	Baddha Hasta Uttānāsana (30 s – 1 min)	
6.	Adho Mukha Svanāsana - doigts au mur (30 s – 1 min)	
7.	Baddha Hasta Uttānāsana (30 s – 1 min)	
8.	Adho Mukha Svanāsana - avec talons levés contre le mur ou sur des briques (30 s – 1 min)	
9.	Baddha Hasta Uttānāsana (30 s – 1 min)	
10.	Vajrāsana (1 min)	
11.	Parvatāsana dans Vajrāsana (30 s X 2)	
12.	Yoga Mudrāsana dans Vajrāsana	

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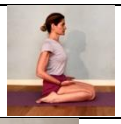
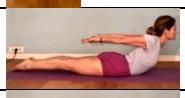
13.	Vīrāsāna (1 min)	
14.	Yoga Mudrāsana dans Vīrāsāna (1 min)	
15.	Sirsasana (3min)	
16.	½ Salabhāsana pouces crochetés (20 s X 2)	
17.	½ Makarāsana (20 s X 2)	
18.	Makarāsana complet (20 s X 2)	
19.	Salabhāsana complet (20 s X 2)	
20.	Eka Pāda Bhekāsana (20 s X 2)	
21.	Dhanurāsana simplifié (20 s X 2)	
22.	Eka Pāda Bhekāsana (20 s X 2)	
23.	Dhanurāsana complet (20 s X 2)	
24.	Chaturanga Dandāsana étape 1	
25.	Adho Mukha Svanāsana dans l'espace (1 min)	
26.	Dvi Pāda Supta Pavana Muktāsana	
27.	Eka Pāda Supta Pavana Muktāsana	
28.	Supta Pādāngūsthāsana 1	
29.	Urdhva Prasārita Padasana 90 ° avec la ceinture	

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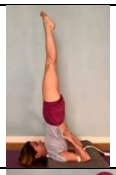
30.	Sālamba Sarvāngāsana (3 à 5 min)	
31.	Halāsana (2 min)	
32.	Savāsana (5 min)	