



01 UTTANASANA



02 PARIVRTTA
UTTANASANA DX E SX



03 UTKATASANA



04 PARIVRTTA
UTKATASANA DX



05 UTKATASANA



06 PARIVRTTA
UTKATASANA SX



07 UTTHITA
TRIKONASANA DX



08 PARIVRTTA
TRIKONASANA DX



09 VIRABHADRASANA 1
DX



10 VIRABHADRASANA 2
DX

RIPETERE LA SEQUENZA A SX



11 UTTHITA
PARSVAKONASANA DX



12 PARIVRTTA
PARSVAKONASANA DX

RIPETERE LA SEQUENZA A SX



13 SURYA
NAMASKARA A



14 PASCHIMOTTANASANA



15 MARICHYASANA A
DX E SX



16 MARICHYASANA B
DX E SX



17 MARICHYASANA C
DX E SX



18 MATSYENDRASANA
DX E SX



19 JATHARA
PARIVATTANASANA DX E SX



20 SHAVASANA