

Surya Namaskara A



Inspire

Expire

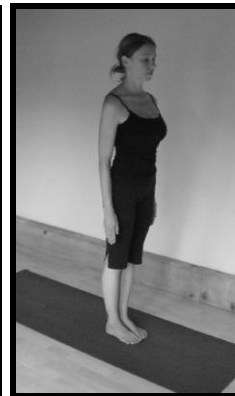
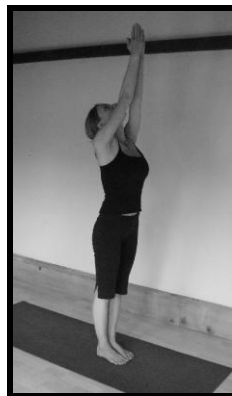
Inspire



Expire

Inspire

Expire → inhale/exhale 5 fois



Inspire

Expire

Inspire

Expire

Surya Namaskara B



Inspire

Expire

Inspire

Expire



Inspire



Expire



Inspire



Expire



Inspire



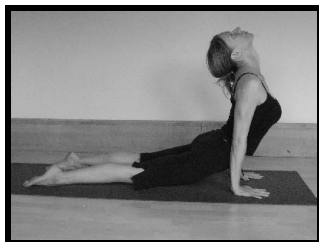
Expire



Inspire



Expire



Inspire



Expire → inhale/exhale 5 fois



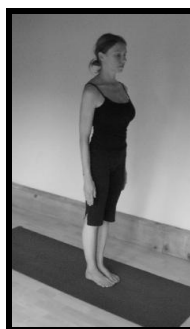
Inspire



Expire



Inspire



Expire

Sequence Debout

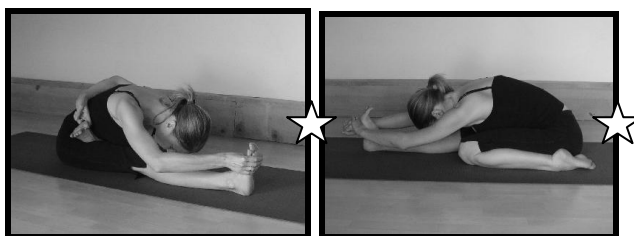
5 à 10 respirations pour chaque position
L'étoile indique – venez en samasthiti à l'avant du tapis



Surya Namaskara A
avant et après

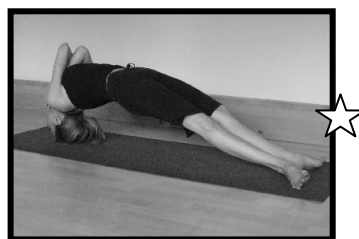
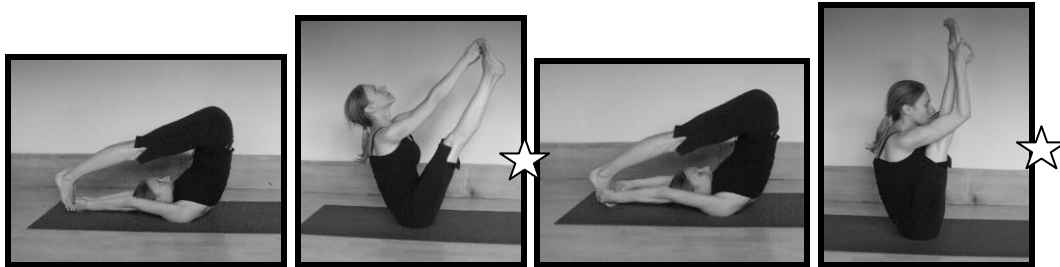
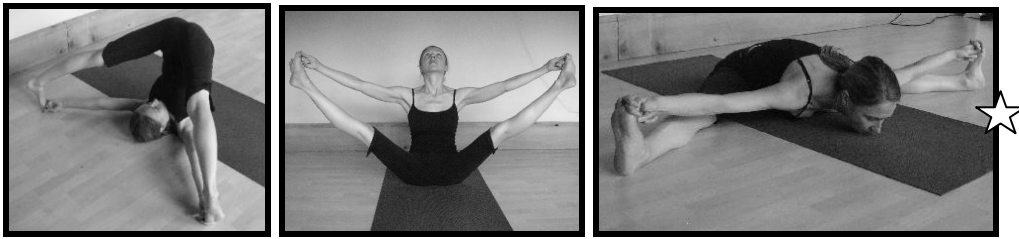
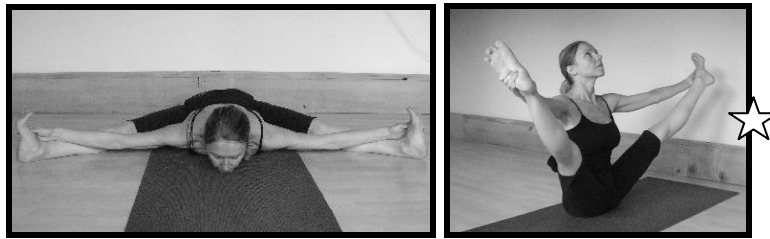
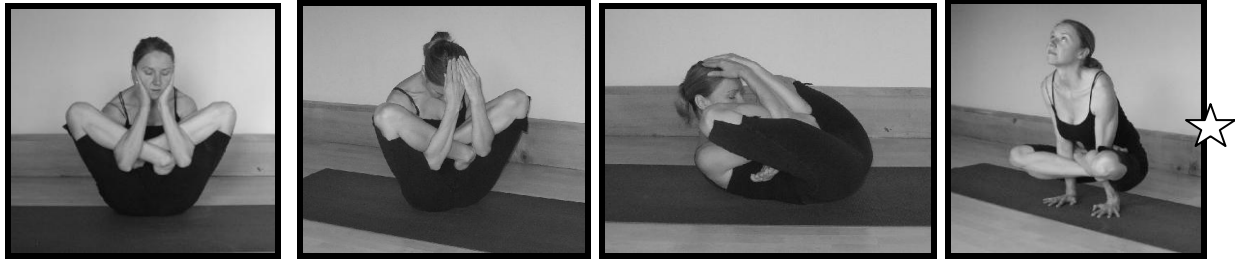
Primary Series

5 à 10 respirations pour chaque position
L'étoile indique – vinyasa



5 fois → levez entre chaque





Finishing Sequence



3 fois - 5 respirations



10 respirations



10 - 25 respirations



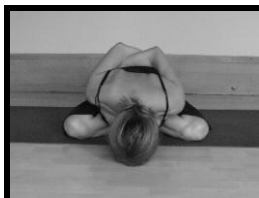
10 respirations →



10 - 25 respirations



5 respirations



10 - 20 respirations



10 - 30 minutes