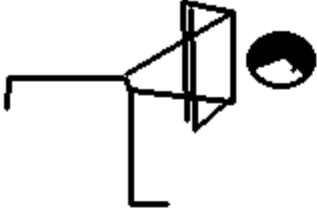


## Sequenza di fine inverno



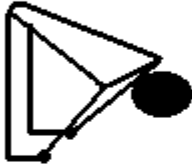
Ganapatiasana (sx/dx)



Paksinasana



Chatuskonasana



Padangusthasana



Pritiviasana



Viparita karani asana



Pavana muktasana



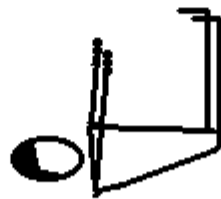
Jilly asana



Sarpasana (sx-dx)



Dandasana



Stambhasana



Mantrasana

दृष्य. 14/02/2018