



Séquence YOGA DAY 2015 / Praticants réguliers

1. Tadasana
2. Namaskarasana
3. Urdhva Hastasana
4. Uttanasana
5. Adho Mukha Svanasana
6. Urdhva Mukha Svanasana
7. Uttanasana
8. Tadasana
9. Utthita Trikonasana
10. Utthita Parsva Konasana
11. Virabhadrasana I
12. Parivrtta Trikonasana
13. Parsvottanasana
14. Prasarita Padottanasana
15. Dandasana
16. Janu Sirsasana
17. Paschimottanasana
18. Adho Mukha Upavishta Konasana
19. Virasana – Parvatasana
20. Svastikasana – Parvatasana
21. Parsva Dandasana
22. Bharadvajasana I
23. Marichyasana I
24. Urdhva Mukha Svanasana
25. Dhanurasana
26. Ustrasana
27. Adho Mukha Svanasana
28. Sirsasana
29. Sarvangasana
30. Halasana
31. Chatushpadasana
32. Setu Bandha Sarvangasana
33. Savasana / Pranayama allongé Ujjayi – 15 cycles
Pranayama assis en Svastikasana Ujjayi – 15 cycles, Viloma I – 8 cycles, Viloma II – 8 cycles
Savasana / ॐ Méditation assise