

• 60 mins • Intermedio - Principiantes

- RESPETATE - En cada postura tienes 2 o 3 opciones, por favor elije la que creas conveniente para ti
- Enfocarse en crear espacio en la pelvis y estirar bien lumbares y caderas, estirar la espalda, fortalecer las piernas

HACER UN CALENTAMIENTO ANTES DE EMPEZAR A PRACTICAR ESTOS ASANAS

En la practica tomate tiempo para establecer bien la base de la postura, entrar en una forma suave de la postura y respirar ampliamente hasta que todo tu cuerpo se asiente... ir muy despacio de una fase a la siguiente.

No tomes todos los dibujos "al pie de la letra" algunos permite cambiar de lado, pero en otros verás que es el mismo lado el que aparece, aparentemente repetido, ten en cuenta y piensa que siempre queremos hacer los dos lados

Si alguna postura no está muy segura/o de cómo se hace, pregunta a tu profesor/a



1. Five Pointed Star
Pose Utthita Tadasana



2. Extended Side Angle
Pose Variation Elbow
Utthita Parsvakonasana
Variation Elbow



3. Extended Side Angle
Pose Variation Elbow
Arm Utthita
Parsvakonasana
Variation Elbow Arm



4. Extended Side Angle
Pose Utthita
Parsvakonasana



5. Extended Triangle
Pose Utthita
Trikonasana



6. Pyramid Pose
Variation 1
Parsvottanasana
Variation 1



7. Intense Side Stretch
Pose Variation Hands
On Floor
Parsvottanasana
Variation Hands On Floor



8. Downward Facing
Dog Pose



9. Extended Side Angle Pose Variation Elbow
Utthita Parsvakonasana
Variation Elbow



10. Extended Side Angle Pose Variation Elbow Arm
Utthita Parsvakonasana
Variation Elbow Arm



11. Extended Side Angle Pose Utthita Parsvakonasana



12. Extended Triangle Pose Utthita Trikonasana



13. Pyramid Pose Variation 1
Parsvottanasana
Variation 1



14. Intense Side Stretch Pose Variation Hands On Floor
Parsvottanasana
Variation Hands On Floor



15. Standing Forward Fold Pose Variation Knees Bent
Uttanasana
Variation Knees Bent



16. Half Forward Fold Pose Variation Hands On Back Ardha Uttanasana
Hands On Back



17. Mountain Pose
Tadasana
Variation Feet Hip Wide



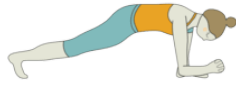
18. Downward Facing Dog Pose Variation Knees Bent Adho Mukha Svanasana
Variation Knees Bent



19. Downward Facing Dog Pose Variation One Knee Bent Adho Mukha Svanasana
Variation One Knee Bent



20. Downward Facing Dog Pose



21. Lizard Pose Utthan Pristhasana



22. Crescent Low Lunge Pose Variation Knee On Floor Ashwa Sanchalanasana



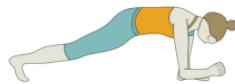
23. Revolved Low Lunge Pose Variation 1 Parivrtta Anjaneyasana Variation 1



24. Downward Facing Dog Pose Variation Knees Bent Adho Mukha Svanasana Variation Knees Bent



25. Downward Facing Dog Pose Variation One Knee Bent Adho Mukha Svanasana Variation One Knee Bent



26. Lizard Pose Utthan Pristhasana



27. Crescent Low Lunge Pose Variation Knee On Floor Ashwa Sanchalanasana



28. Revolved Low Lunge Pose Variation 1 Parivrtta Anjaneyasana Variation 1



29. Child Pose Variation Both Arms To Side Balasana Variation Both Arms To Side



30. Half Cow Face Pose Variation Forward Bend Ardha Gomukhasana Variation Forward Bend



31. Cow Face Pose Variation Resting On Bent Hands In Front Gomukhasana Variation Resting On Bent Hands In Front



32. Cow Face Pose Variation Straps Gomukhasana Straps



33. Cow Face Pose
Arms Close Up
 Gomukhasana Arms
 Close Up



34. Cow Face Pose
 Gomukhasana



35. Half Cow Face
Pose Variation Forward
Bend Ardha
 Gomukhasana Variation
 Forward Bend



36. Cow Face Pose
Variation Resting On
Bent Hands In Front
 Gomukhasana Variation
 Resting On Bent Hands In
 Front



37. Cow Face Pose
 Gomukhasana



38. Bound Angle Pose



39. Seated Straddle
Pose Sitting Upright
Hands Up Blanket
 Upavistha Konasana
 Hands Up Blanket



40. Seated Straddle
Pose Variation Sitting
Upright Upavistha
 Konasana Variation
 Sitting Upright



41. Upward Facing
Seated Straddle Pose
 Urdhva Mukha Upavistha
 Konasana



42. Seated Straddle
Pose Prep Upavistha
 Konasana Prep



43. Seated Straddle
Pose Upavistha
 Konasana



44. Seated Side Stretch
Pose Parsva Upavistha
 Konasana



45. Seated Straddle Pose Upavistha Konasana



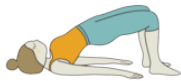
46. Seated Side Stretch Pose Parsva Upavistha Konasana



47. Seated Straddle Pose Upavistha Konasana



48. Bound Angle Pose



49. Bridge Pose



50. Wind Release Pose Pawanmuktasana



51. Half Wind Release Pose Ardha Pawanmuktasana



52. Half Happy Baby Pose Variation 1 Ardha Ananda Balasana Variation 1



53. Reclined Big Toe Pose A Supta Padangusthasana A



54. Reclined Big Toe Pose A Variation Nose To Leg Supta Padangusthasana A Variation Nose To Leg



55. Reclined Big Toe Pose B Supta Padangusthasana B



56. Wind Release Pose Pawanmuktasana



57. Half Wind Release Pose Ardha Pavan Muktasana



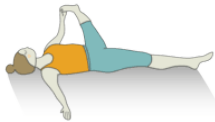
58. Half Happy Baby Pose Variation 1 Ardha Ananda Balasana Variation 1



59. Reclined Big Toe Pose A Supta Padangusthasana A



60. Reclined Big Toe Pose A Variation Nose To Leg Supta Padangusthasana A Variation Nose To Leg



61. Reclined Big Toe Pose B Supta Padangusthasana B



62. Wind Release Pose Pawanmuktasana



63. Reclined Butterfly Pose Hands Raised Behind Supta Baddha Konasana Hands Raised Behind



64. Reclined Butterfly Pose Blocks Under Hips Supta Baddha Konasana Blocks Under Hips



65. Reclined Butterfly Pose Bolster Under Knees Supta Baddha Konasana Bolster Under Knees



66. Corpse Pose Variation Arms Up Toes Savasana Variation Arms Up Toes



67. Corpse Pose Savasana