

Yoga Chikitsa / Primera Serie completa

Surya Namaskar A, 5 vueltas



Samasthitih



Uttanasana



Chaturanga Dandasana



Urdhva
Mukha Svanasana



Adho Mukha Svanasana



Uttanasana



Samasthitih

Yoga Chikitsa / Primera Serie completa

Surya Namaskar B, 5 vueltas



Yoga Chikitsa / Primera Serie completa

Posturas de Pie



Padangusthasana



Padahastasana



Utthita Trikonasana



Parivrtta Trikonasana



Utthita Parsvakonasana



Parivrtta Parsvakonasana



Prasarita Padottanasana A, B, C y D



Parsvottanasana



Utthita Hasta Padangusthasana



Ardha
Baddha
Padmottanasana



Utkatasana



Virabhadrasana I y II

Yoga Chikitsa / Primera Serie completa

Posturas de Sentado



Dandasana



Paschimottanasana A, B y C



Purvottanasana



Ardha Baddha
Padma
Paschimottanasana



Triang Mukha
Eka Pada
Paschimottanasana



Janu Sirsasana A, B y C



Marichyasana A, B, C y D



Navasana



Bhuja Pindasana



Kurmasana



Supta Kurmasana



Garbha Pindasana



Kukkutasana



Baddha Konasana A, B y C



Upavistha Konasana A y B



Supta Konasana



Supta Padangusthasana



Ubhaya
Padangusthasana



Urdhva Mukha
Paschimottanasana

Yoga Chikitsa / Primera Serie completa

Setu Bandhasana y Urdhva Danurasana



Setu Bandhasana



Urdhva Dhanurasana

Cierre



Salamba
Sarvangasana



Halasana



Karnapidasana



Urdhva
Padmasana



Pindasana



Matsyasana



Uttanapadasana



Sirsasana



Baddha Padmasana



Yoga Mudra



Padmasana



Utpluthih



Savasana