



Tādāsana



Sarvāṅgāsana



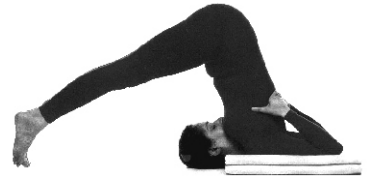
Śīrṣāsana



Viparīta Karaṇi



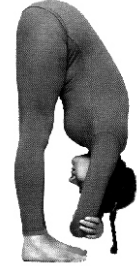
Bharadvājāsana I



Halāsana



Jānu Śīrṣāsana



Uttānāsana I



Adho Mukha Śvānāsana



Utthita Trikoṇāsana



Utthita Pārsvakoṇāsana



Vīrabhadrāsana I



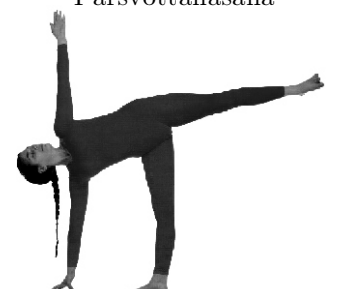
Vīrabhadrāsana II



Vīrabhadrāsana III



Pārsvottānāsana



Ardha Chandrāsana

Desde 1993 en Talavera



anamaya  
centro de yoga

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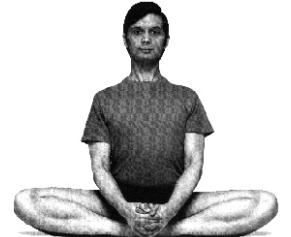
Caturaṅga Daṇḍāsana



Prasārita Pādittānāsana Ī .



Virāsana



Baddha Koṇāsana



Daṇḍāsana