

ARC-EN-CIEL

Vasisthasana



ECLAIR

Utkatasana



NEIGE

Utkata Konasana



DEMI LUNE

Utkata Konasana



ÉTOILE

Utthita Tadasana



VENT

Utthita Tadasana



LUNE

Ardha Kapotasana



NUAGE

Balasana



SALUTATION AU SOLEIL

Surya Namascar A



AIGLE

Garudasana



AVION

Dekasana



CORBEAU

Bakasana



HÉRON

Kraunchasana



PAPILLON

Baddha Konasana



PIGEON

Ardha Kapotasana

