
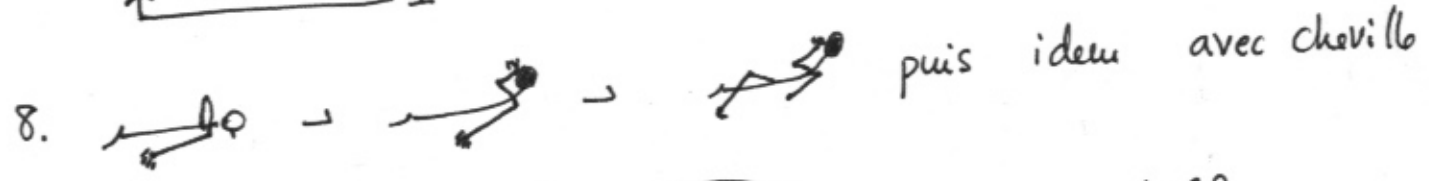
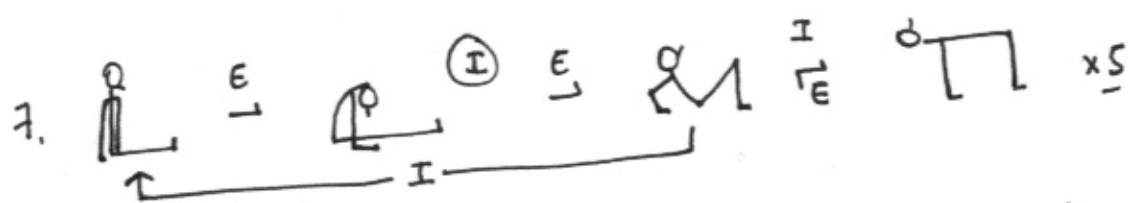
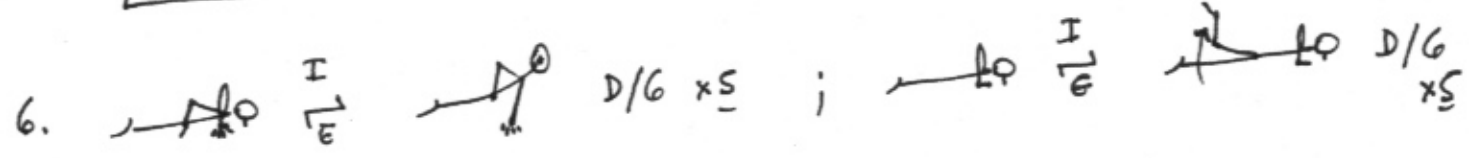
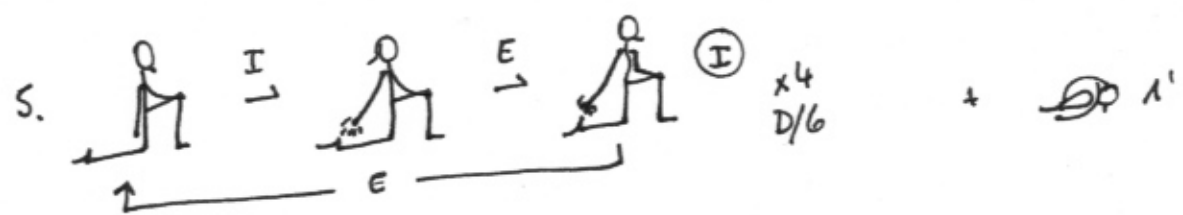
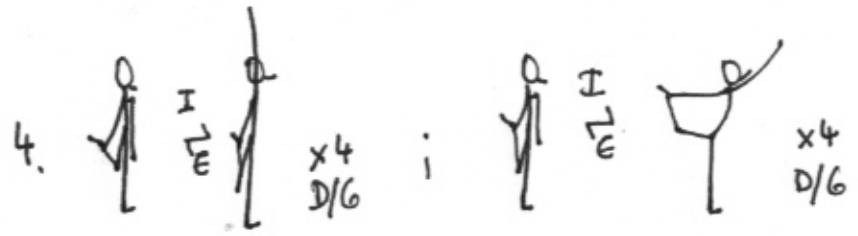
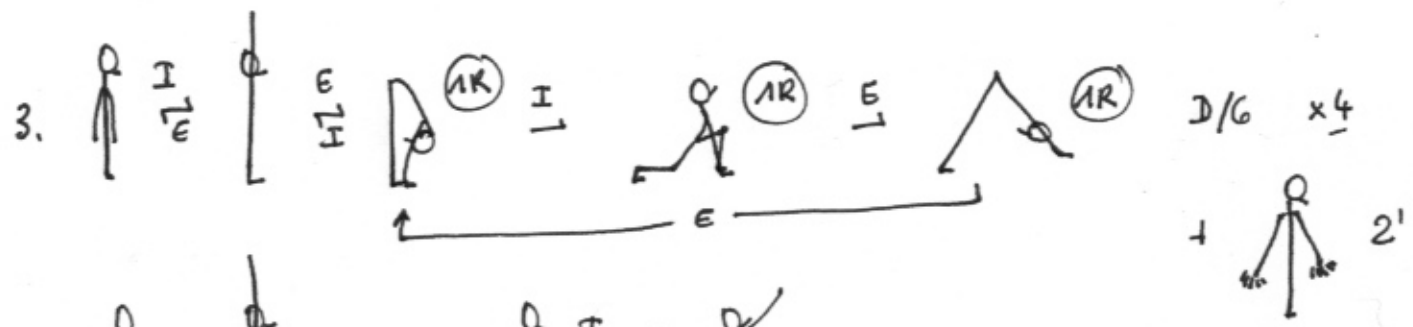
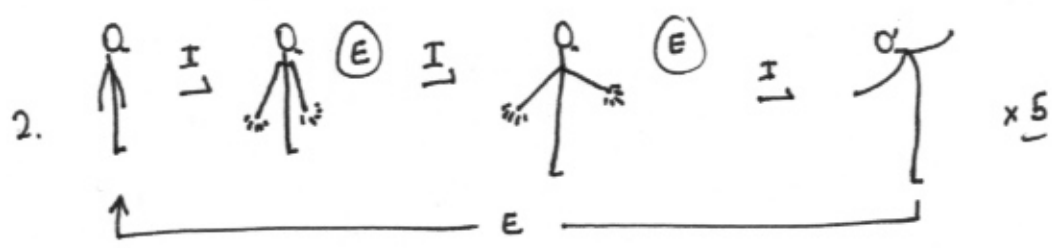



1.  OBS BHĀVANĀ: Se déposer dans les omoplates, les prendre comme support pour l'ouverture de l'avant de la cage thoracique



prépa vers  (4 à 6R) + CP
parśva Dhānurāsana

 se déposer à l'arrière pour ouvrir l'avant  SP: De 1^{re} à son max, puis redescendre à 1^{re}