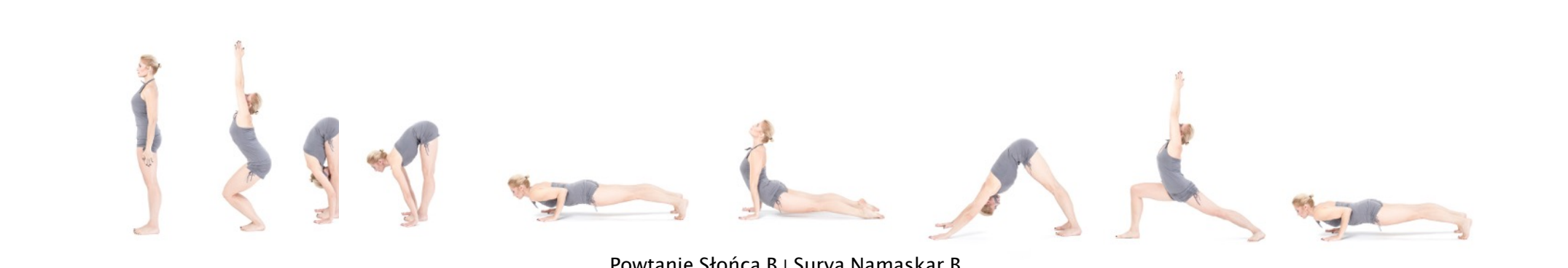




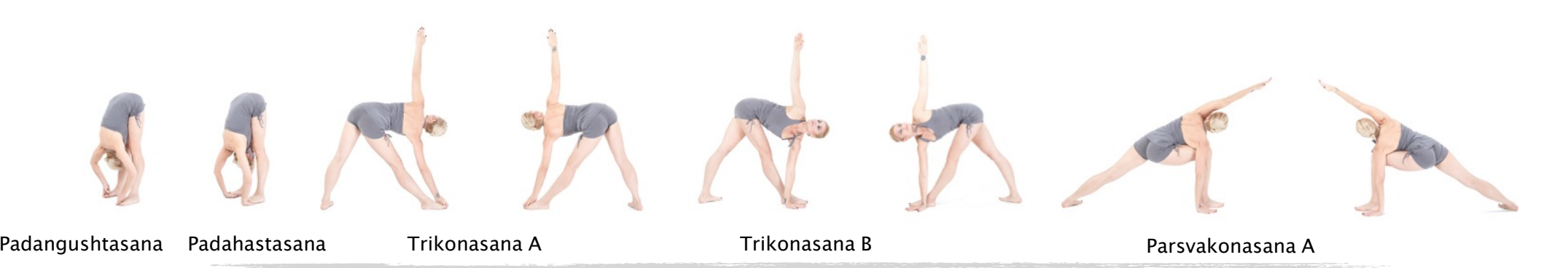
Powtanie Słońca A | Surya Namaskar A



Powtanie Słońca B | Surya Namaskar B



Powtanie Słońca B | Surya Namaskar B



Padangushtasana

Padahastasana

Trikonasana A

Trikonasana B

Parsvakonasana A



Parsvakonasana B

Parsarita padottanasana A, B, C, D

Parsvottanasana



Utthita hasta padangushtasana

Ardha baddha padmottanasana

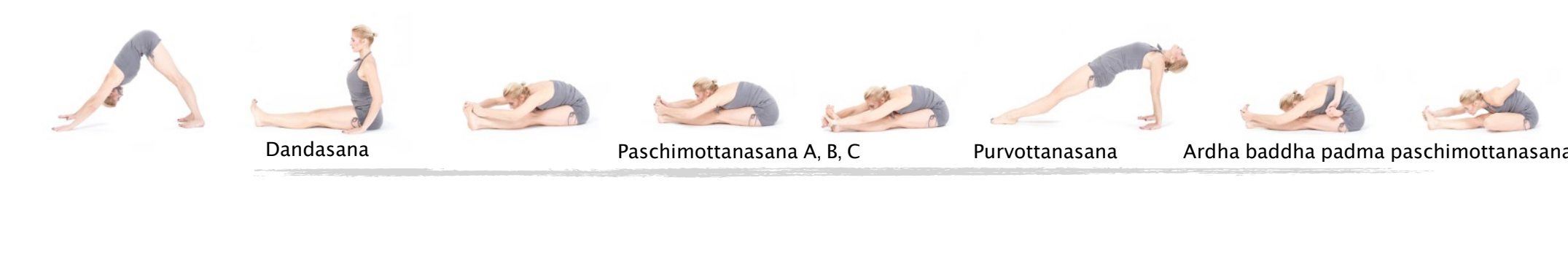


Utkatasana



Virabhadrasana A

Virabhadrasana B

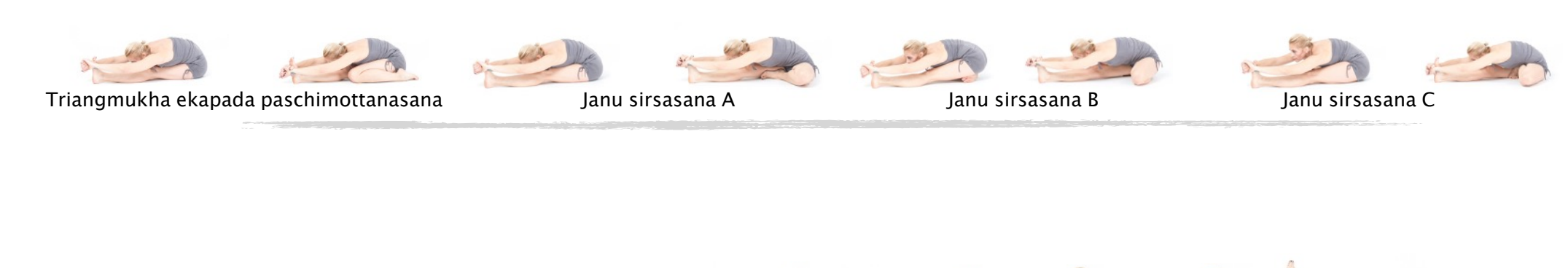


Dandasana

Paschimottasana A, B, C

Purvottanasana

Ardha baddha padma paschimottanasana



Triangmukha ekapada paschimottanasana

Janu sirsasana A

Janu sirsasana B

Janu sirsasana C



Marichyasana A

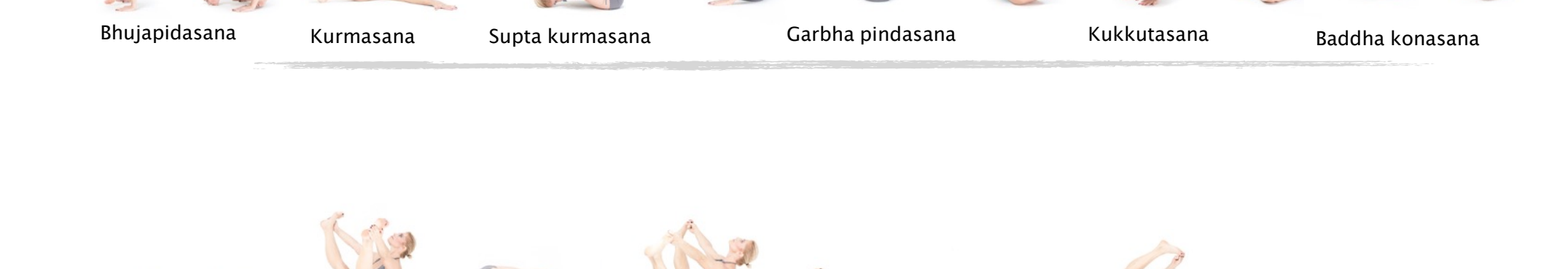
Marichyasana B

Marichyasana C

Marichyasana D

Navasana

Lolasana



Bhujapidasana

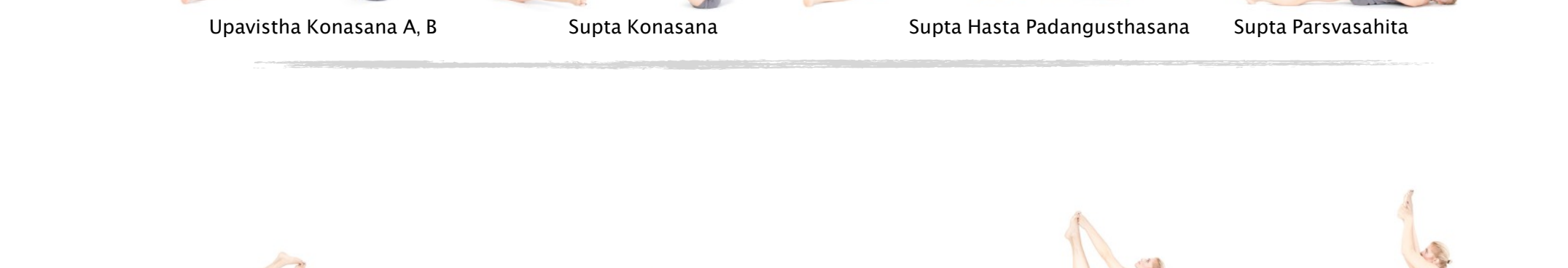
Kurmasana

Supta kurmasana

Garbha pindasana

Kukkutasana

Baddha konasana



Upavistha Konasana A, B

Supta Konasana

Supta Hasta Padangusthasana

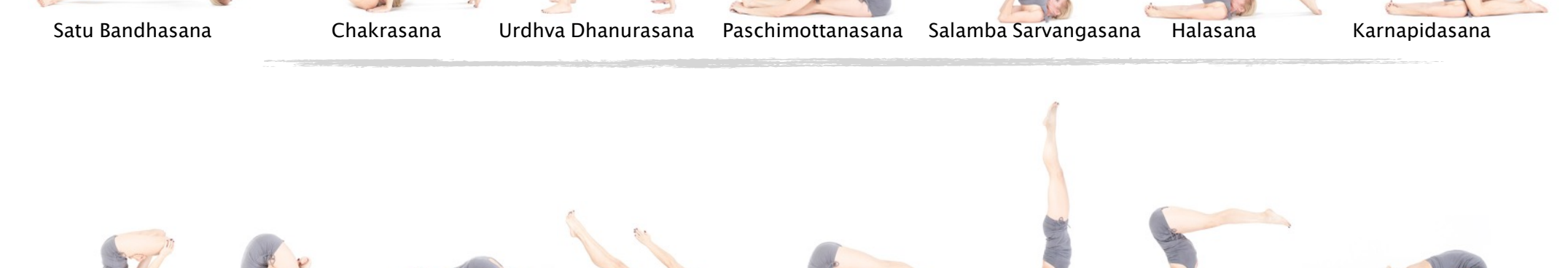
Supta Parsvasahita



Chakrasana

Ubhaya Padangusthasana

Urdhva Mukha Paschimottanasana



Satu Bandhasana

Chakrasana

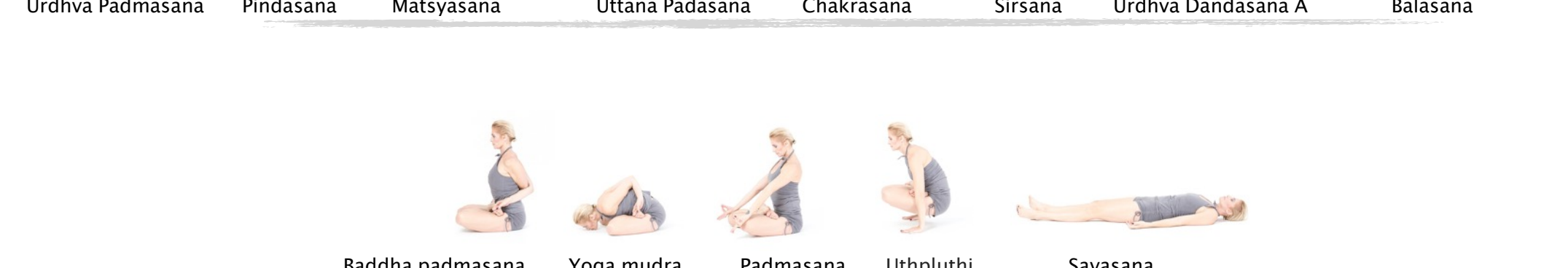
Urdhva Dhanurasana

Paschimottanasana

Salamba Sarvangasana

Halasana

Karnapidasana



Urdhva Padmasana

Pindasana

Matsyasana

Uttana Padasana

Chakrasana

Sirsana

Urdhva Dandasana A

Balasana



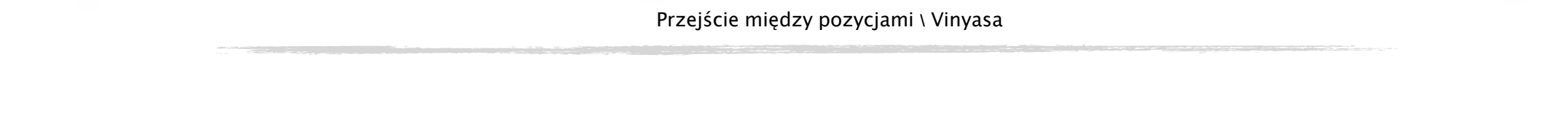
Baddha padmasana

Yoga mudra

Padmasana

Uthpluthi

Savasana



Przejście między pozycjami | Vinyasa