



Équilibre et Focus!

Julie Yoga
julieyoga.ca
juliebolducyoga@gmail.com

• 30 mins • Débutants • Équilibre et Focus • Équilibre, Enracinement

Les asanas asymétriques, ainsi que d'équilibre, permettent d'équilibrer les deux côtés du corps, de se centrer, d'améliorer la concentration et la clarté mentale.



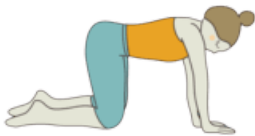
1. **Easy Pose** Sukhasana

Set
Intention

2. **Set Intention Section**

OM

3. **Om**



4. **Table Top Pose**
Bharmanasana



5. **Balancing Table Pose**
Dandayamana Bharmanasana



6. **Cat Cow Pose Downward
Facing Dog Pose Flow**
Bitilasana Marjaryasana Adho
Mukha Svanasana Vinyasa



7. Downward Facing Dog Pose



8. Downward Facing Dog Pose
To Low Lunge Pose Flow Adho
Mukha Svanasana Anjaneyasana
Vinyasa



9. Low Lunge Pose



10. Low Lunge Pose



11. Plank Pose



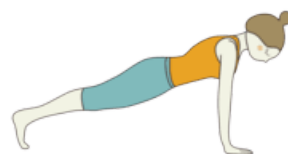
12. Downward Facing Dog Pose



13. High Lunge Pose Ashta
Chandrasana



14. High Lunge Pose Ashta
Chandrasana



15. Plank Pose



16. Downward Facing Dog Pose



17. Standing Spinal Roll Up
Pose Flow



18. Mountain Pose Tadasana



19. Tree Pose Vrksasana



20. Tree Pose Vrksasana



21. Warrior Pose Iii Blocks
Virabhadrasana Iii Blocks



22. Warrior Pose Iii Blocks
Virabhadrasana Iii Blocks



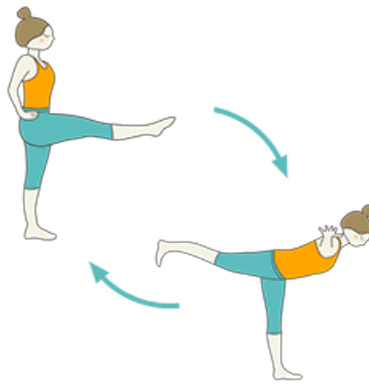
23. Airplane Pose Variation
Arms Out Dekasana Variation
Arms Out



24. Airplane Pose Variation
Arms Out Dekasana Variation
Arms Out



25. Mountain Pose Tadasana



**26. Standing Balance One Leg
Raised Warrior Pose Iii Flow**
Utthita Eka Padasana
Virabhadrasana Iii Vinyasa



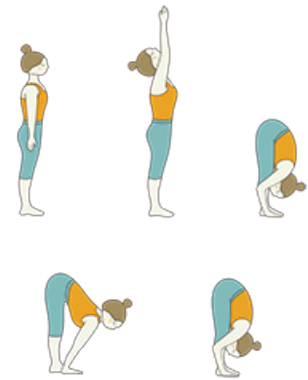
**27. Standing Hand To Knee
Pose** Tadasana Janu Hastasana



**28. Standing Hand To Knee
Pose** Tadasana Janu Hastasana



29. Mountain Pose Tadasana



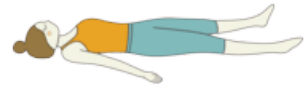
**30. Sun Salutation Variation
Forward Fold** Surya Namaskar
Variation Uttanasana

x3

31. Repeat 3



32. Child Pose Variation Block
Balasana Variation Block



33. Corpse Pose Savasana



34. Easy Pose Sukhasana

Om Shanti

35. Om Shanti Section