



Pratique du soir

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1. Easy Pose Sukhasana



2. Revolved Bound Angle Pose
Parivrtta Baddha Konasana



3. Revolved Bound Angle Pose
Parivrtta Baddha Konasana



4. Hero Pose Virasana



5. Kneeling Cat Swan Flow



6. Staff Pose Dandasana



7. Seated Straddle Pose
Variation Sitting Upright
Upavistha Konasana Variation
Sitting Upright



8. Seated Side Straddle Pose
Parsva Upavistha Konasana
Variation



9. Seated Side Straddle Pose
Parsva Upavistha Konasana
Variation



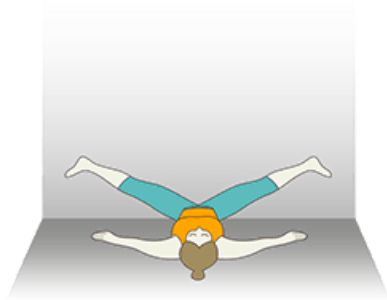
10. **Bound Angle Pose Blocks**
Baddha Konasana Blocks



11. **Legs up the Wall Pose**



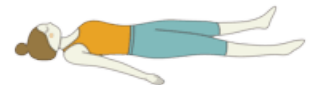
12. **Wall Butterfly Pose** Wall
Baddha Konasana



13. **Wall Straddle Pose** Wall
Upavistha Konasana



14. **Roller Pose** Vat Nari
Sansthan Shaktivardhak



15. **Corpse Pose** Savasana