



Pratique du matin

• 30 mins • Débutants • Pratique du matin! • Énergie

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Cette courte pratique matinale vous laissera énergisé, frais et positif, vous permettant de commencer la journée du bon pied!



1. Easy Pose Sukhasana



2. Cat Cow Pose Bitilasana
Marjaryasana



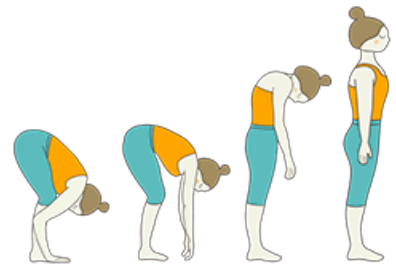
3. Downward Facing Dog Pose
Table Top Pose Flow Adho
Mukha Svanasana Bharmanasana
Vinyasa



4. Downward Facing Dog Pose



5. Dangling Pose Baddha Hasta
Uttanasana



6. Standing Spinal Roll Up Pose
Flow



7. Mountain Pose Tadasana



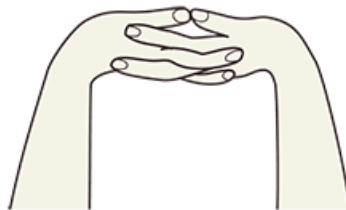
8. Standing Side Bend Pose Variation



9. Standing Side Bend Pose Variation



10. Palm Tree Pose Urdhva
Hastotanasana



11. Interlaced Hands Close Up



12. Palm Tree Pose Side Bend
Parsva Bhanga



13. Palm Tree Pose Side Bend
Parsva Bhanga



14. Mountain Pose Tadasana



15. Mountain Pose Raised
Hands Head Straight Tadasana
Urdhva Hastasana Head Straight



**16. Standing Forward Fold Pose
Variation 1** Uttanasana Variation
1



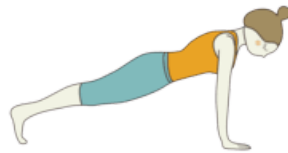
17. Standing Forward Fold Pose Uttanasana



**18. Upward Forward Fold Hands
On Shins** Ardha Uttanasana
Hands On Shins



19. Forward Fold Feet Outwards Uttanasana Feet Outwards



20. Plank Pose



21. Cobra Pose



22. Table Top Pose Bharmanasana



23. Downward Facing Dog Pose



24. Low Lunge Pose



25. Downward Facing Dog Pose



26. Low Lunge Pose



27. Downward Facing Dog Pose



28. Mountain Pose Tadasana



29. Triangle Pose Trikonasana



30. Triangle Pose Trikonasana



31. Warrior Pose II
Virabhadrasana II



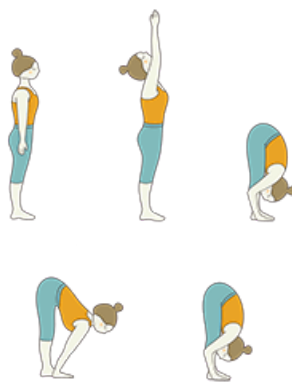
32. Warrior Pose II
Virabhadrasana II



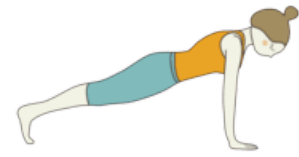
33. Tree Pose Vrksasana



34. **Tree Pose** Vrksasana



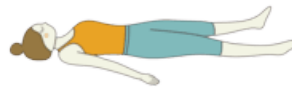
35. **Sun Salutation Variation**
Forward Fold Surya Namaskar
Variation Uttanasana



36. **Plank Pose**



37. **Wide Child Pose** Prasarita
Balasana



38. **Corpse Pose** Savasana