

Saludo Namaste



Silla



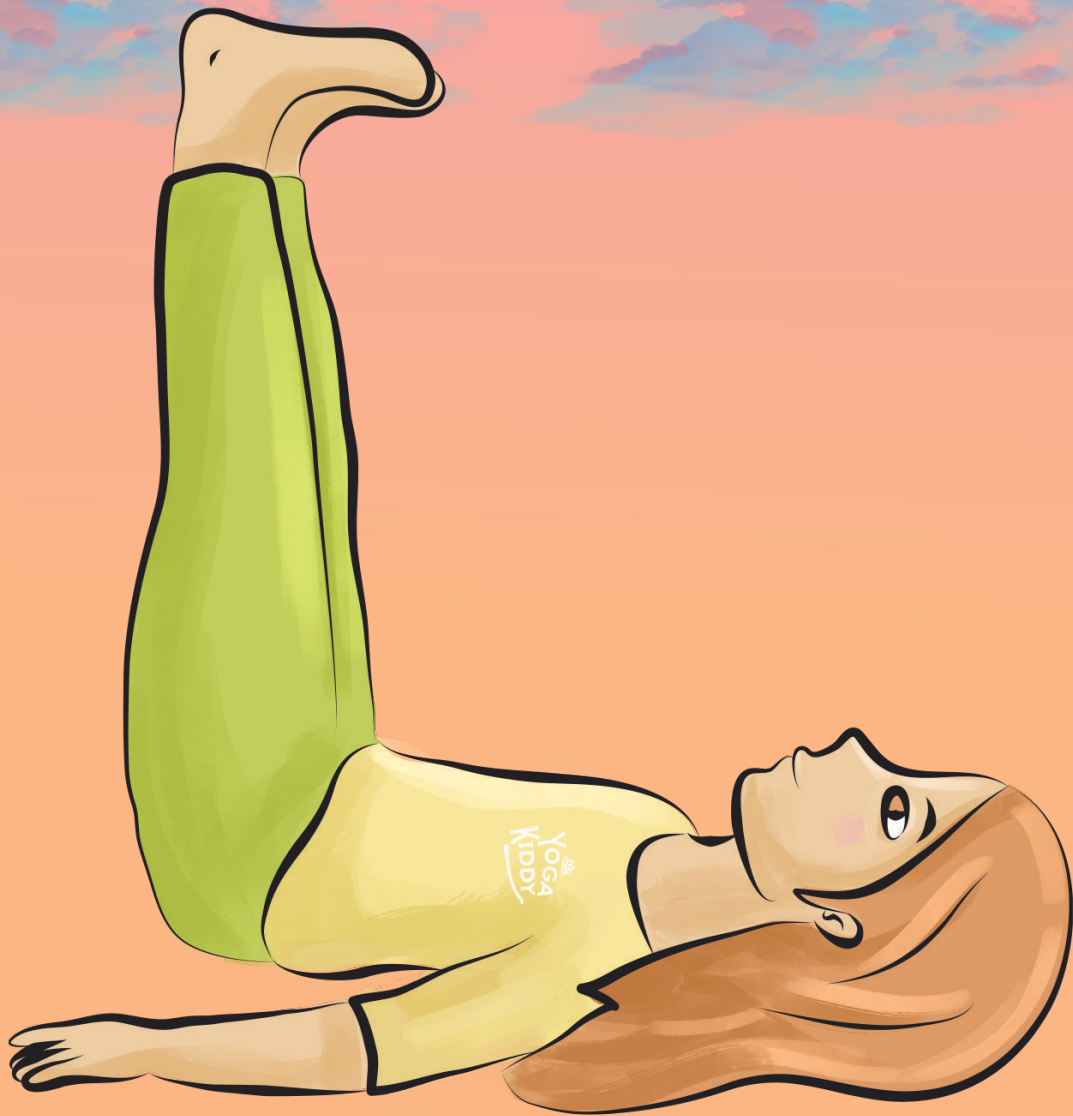
Utkatasana



Vara al Cielo



Urdhva Prasarita Padasana



Pirámide



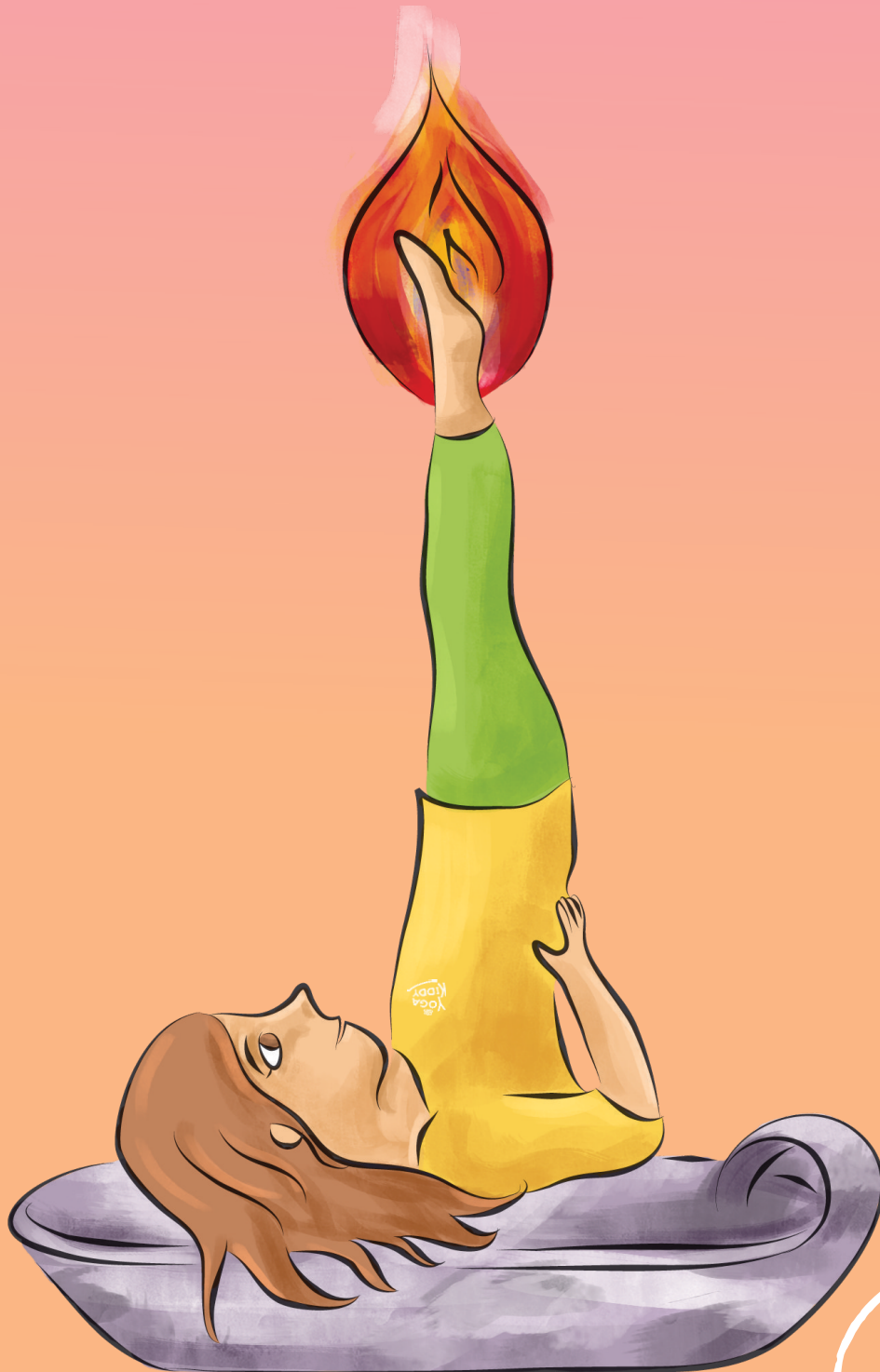
Hoja Plegada



Vela



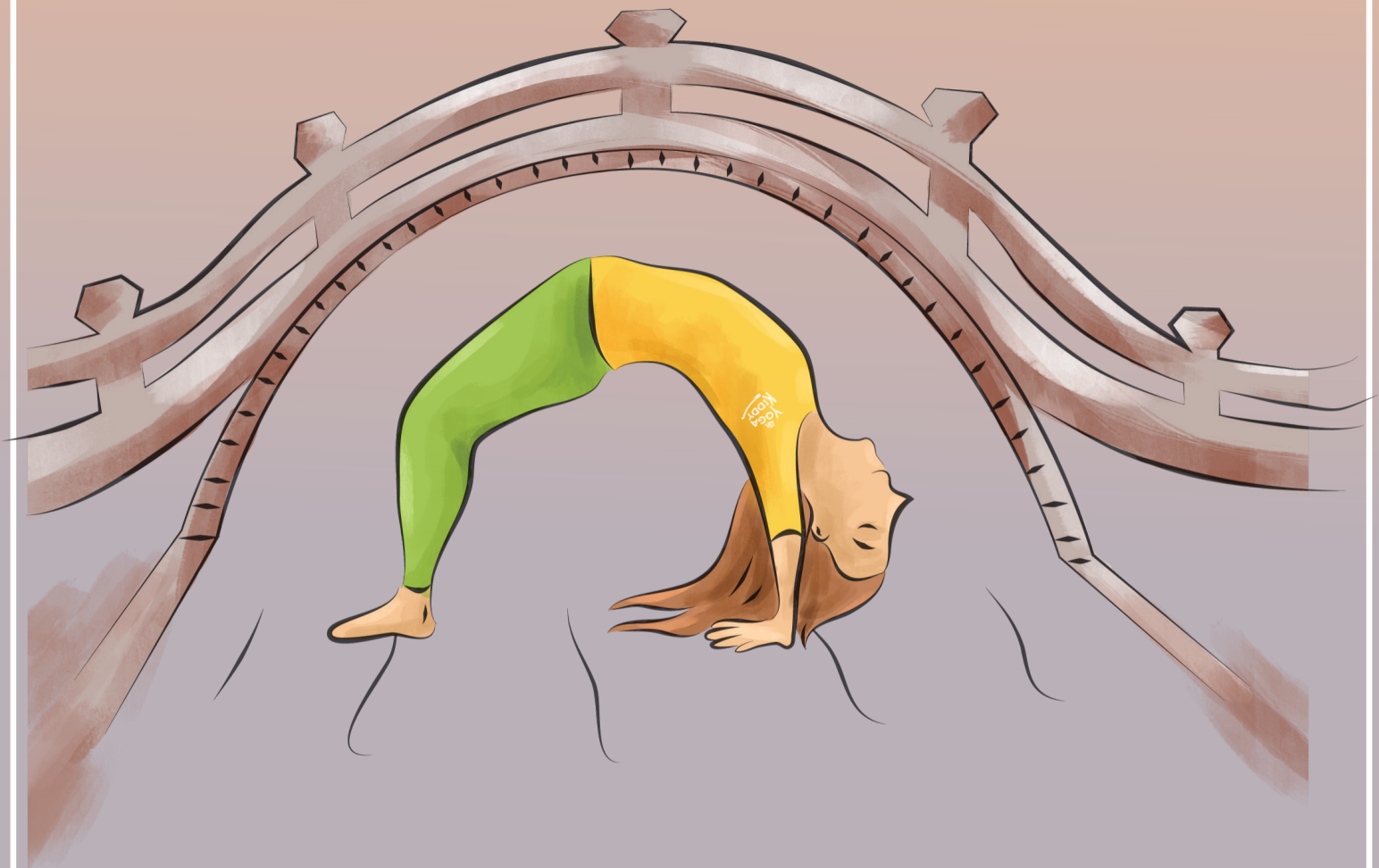
Sarvangasana



Puente



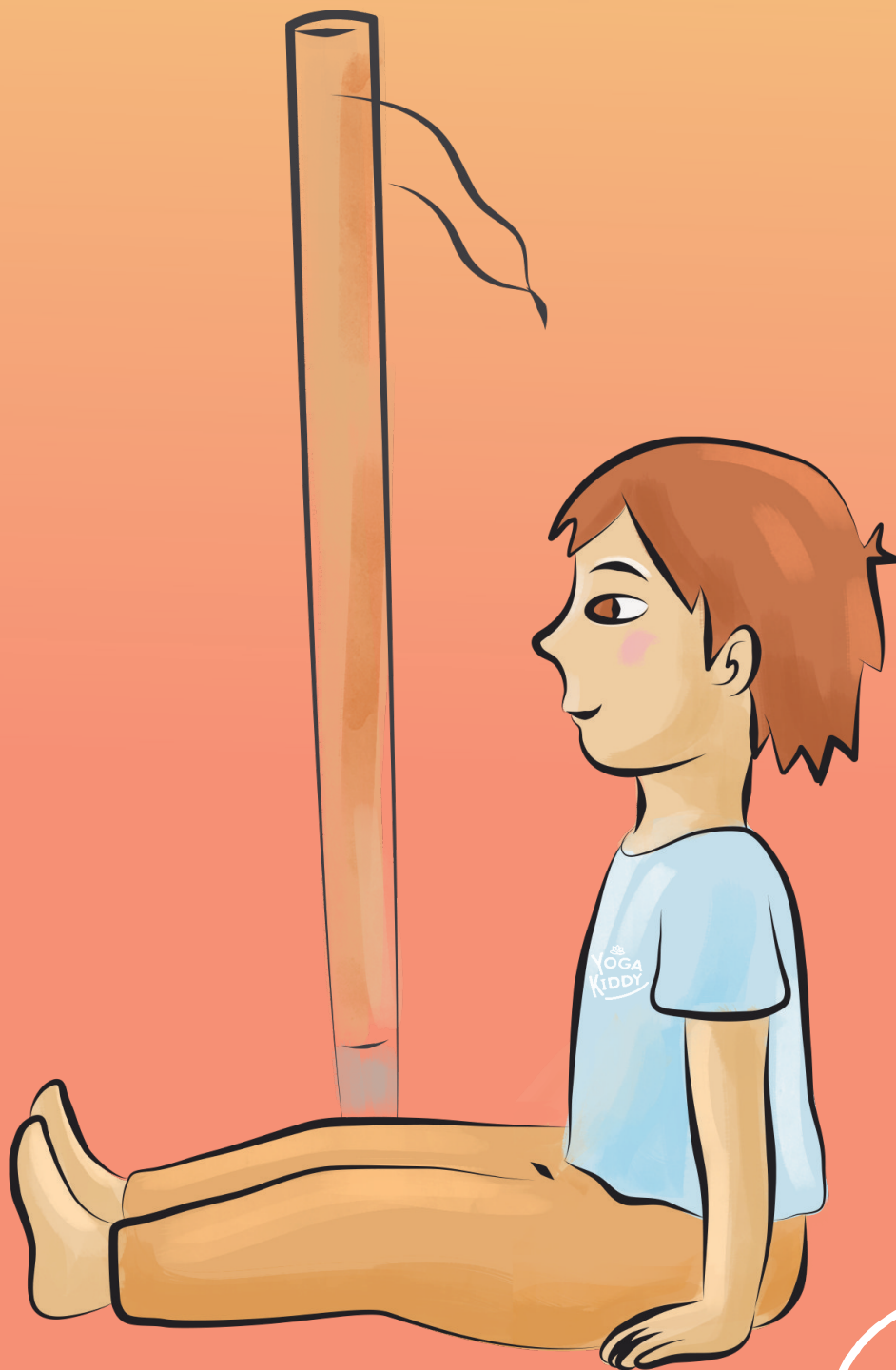
Urdhva Dhanurasana



Bastón



Dandasana



Camello



Ustrasana



Oruga



Anahatasana

