

# QUIETUDE

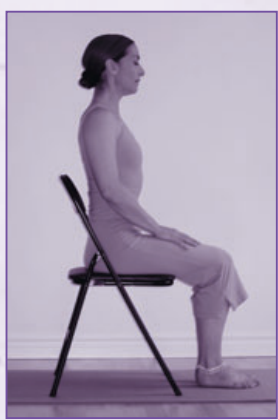
«La méditation, c'est la clé du matin et le verrou du soir.»  
Gandhi



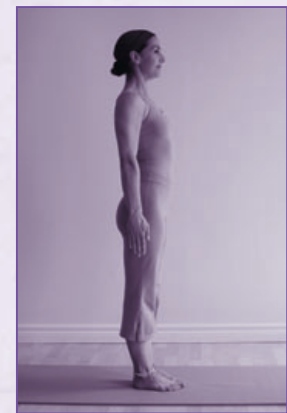
Méditation au sol



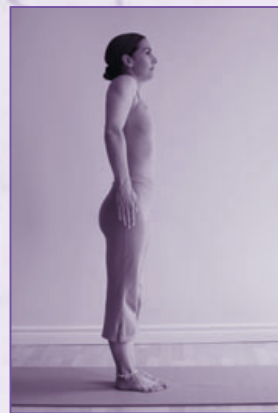
Le héros supporté  
Virasana supporté



Méditation sur chaise



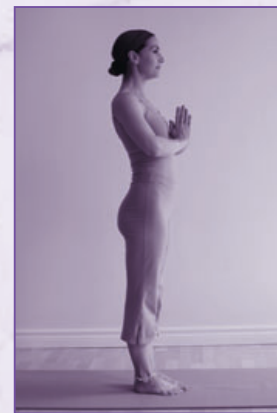
Position neutre  
Samasthiti



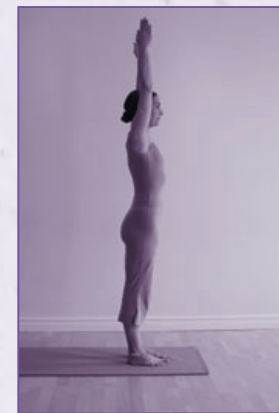
Soulèvement des épaules



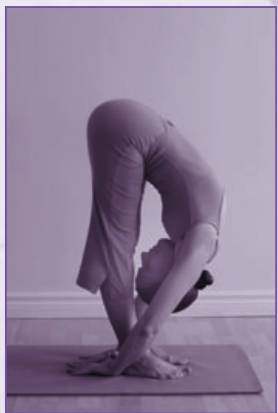
Élévation arrière des bras



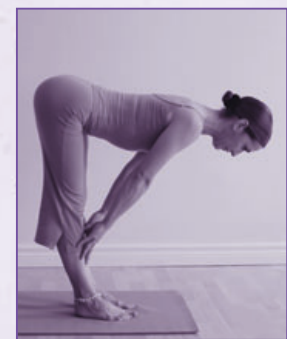
Position neutre mains namaste  
Samasthiti



La montagne  
Tadasana



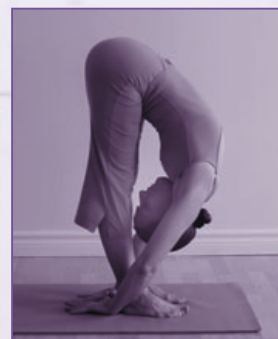
Flexion avant debout  
Uttanasana



Demi-flexion avant debout  
Urdhva Uttanasana



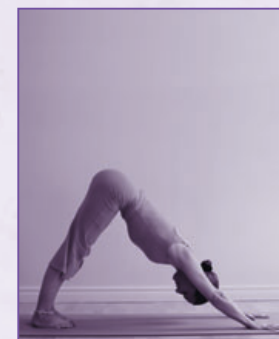
Demi-flexion avant supportée  
Urdhva Uttanasana



Flexion avant debout  
Uttanasana



Posture d'attaque jambe droite arrière



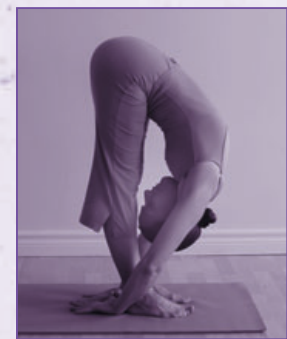
Chien tête en bas  
Adho Mukha Svanasana



Posture d'attaque jambe droite devant



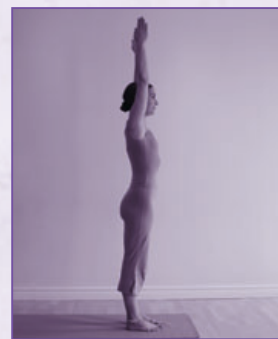
Demi-flexion avant debout  
Urdhva Uttanasana



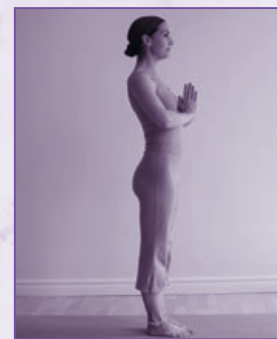
Flexion avant debout  
Uttanasana



Posture féroce  
Utkatasana



La montagne  
Tadasana



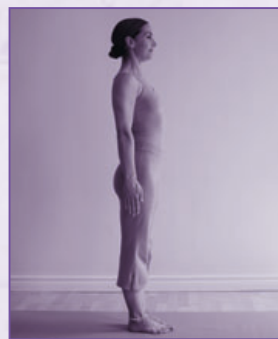
Position neutre mains namaste  
Samasthiti



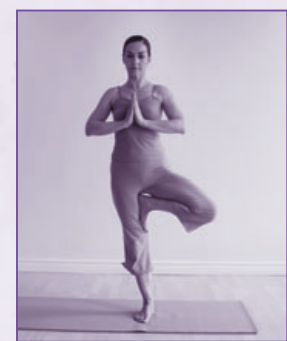
Le triangle  
Utthita Trikonasana



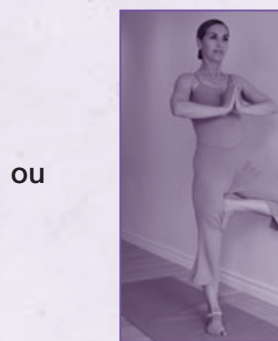
Le triangle supporté  
Utthita Trikonasana



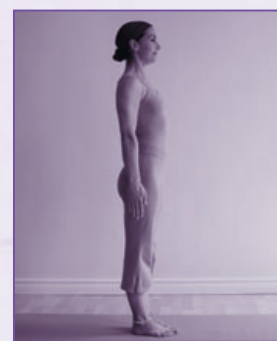
Position neutre  
Samasthiti



L'arbre  
Vrkrasana



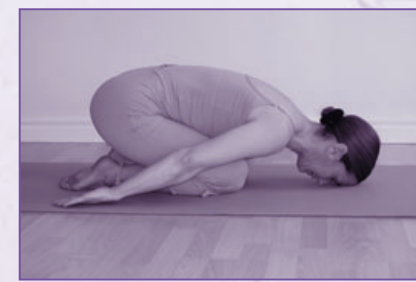
L'arbre supporté  
Vrkrasana supporté



Position neutre  
Samasthiti

# HARMONIE

«Trop penser à demain gaspille aujourd'hui.»  
Anonyme



L'enfant  
Balasana



L'enfant supporté  
Balasana supporté



Chat dos droit  
Bidalasana



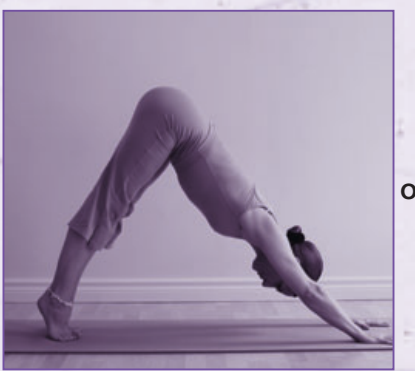
Chat dos creux  
Bidalasana



Chat dos rond  
Bidalasana



Chien tête en bas  
Adho Mukha Svanasana



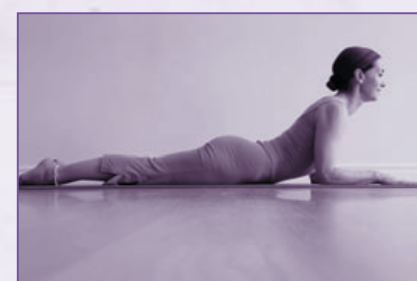
Chien talons levés  
Adho Mukha Svanasana



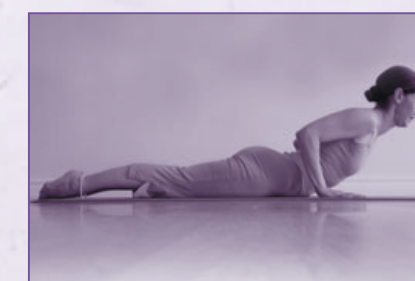
Chien genoux fléchis  
Adho Mukha Svanasana



Chien jambe levée  
Adho Mukha Svanasana



Le sphynx



Le cobra  
Bhujangasana



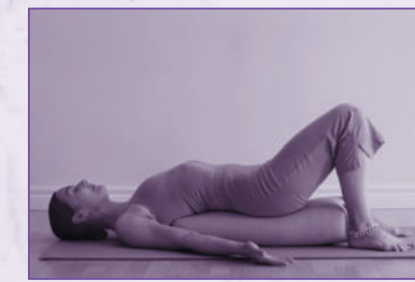
Le cobra bras longs  
Bhujangasana



Le demi-pont préparation  
Setu Bandha Sarvangasana



Le demi-pont soutenu  
Setu Bandha Sarvangasana



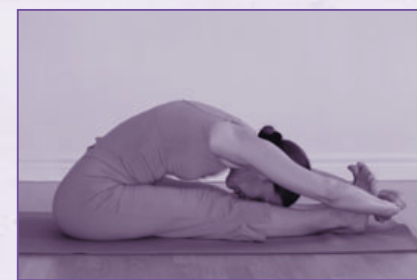
Le demi-pont supporté  
Setu Bandha Sarvangasana



Torsion vertébrale au sol  
Merudandasana



Torsion vertébrale au sol supportée  
Merudandasana



La pince  
Paschimottanasana



La pince supportée  
Paschimottanasana



Posture de la tête au genou  
Janu Sirsasana



Posture de la tête au genou supportée  
Janu Sirsasana supportée



Grand angle au sol  
Upavhista Konasana



Grand angle au sol supporté  
Upavhista Konasana supporté

# OUVERTURE

«Le cœur tel un parachute n'est utile que lorsqu'il est ouvert.»  
Anonyme

# SERENITE

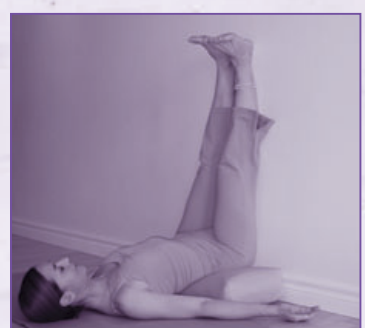
«Toutes les postures de yoga guident vers la paix ultime que nous nommons vérité.»  
B.K.S. Iyengar



L'angle lié  
Baddha Konasana



L'angle lié supporté  
Baddha Konasana supporté



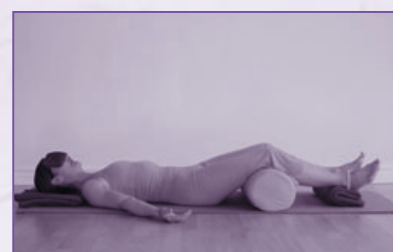
Repos sur les épaules  
Viparita Karani



Repos sur les épaules supporté  
Viparita Karani supporté



Le cadavre  
Savasana



Le cadavre supporté  
Savasana

# YOGA NIDRA

«Le yoga est une source merveilleuse et inépuisable de santé, de force, de vitalité et de sérénité.»  
Swami Sivananda



Yoga Nidra