

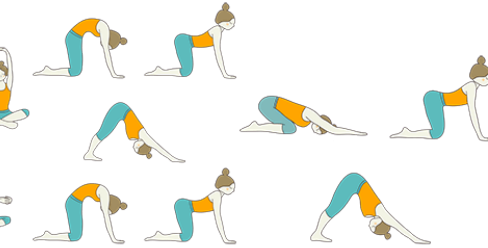
• Força • Cames



Sukhasana Variation Belly



Upavistha Bitilasana Marjaryasana



Bitilasana Marjaryasana Adho Mukha Svanasana Vinyasa

Svanasana Vinyasa



Tadasana



Utkata Konasana Variation Hands



Utkata Konasana



Parivrtta Utkata Konasana



Parivrtta Utkata Konasana



Trikonasana



Trikonasana



Virabhadrasana I



Virabhadrasana II



Viparita Virabhadrasana



Virabhadrasana III

O.S.



Prapadasana



Parivrtta Prapadasana



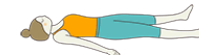
Parivrtta Prapadasana



Paschimottasana



Halasana



Savasana