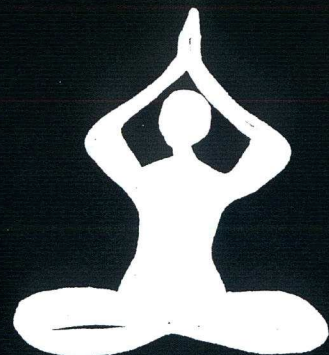
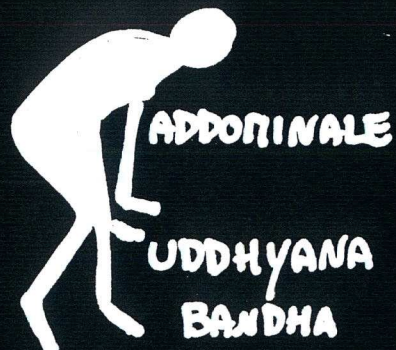


PRATICA x IL TERZO CHAKRA: MANIPURA OMBELICO

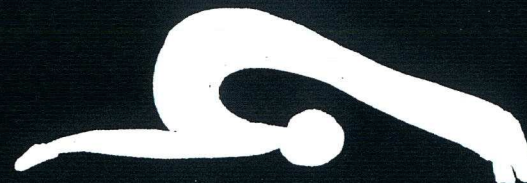
Pavone - 1986

LA CONTRAZIONE



NNATYA MUDRA
GESTO DELLA DANZA

L'ARATRO
HALASANA



LA NAVE



NAVASANA

IL BASTONE
DANDASANA



LA BILANCIA

TULITASANA



PARSHAVIRASANA

L'EROE



IL MASTICE
BHASTRIKASANA



IL PONTE



SETU BANDHASANA

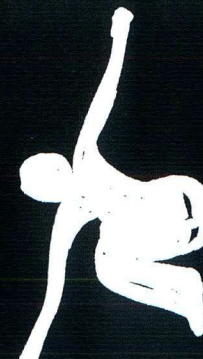
UTKATASANA
P. POTENTE



JATHARA PARIVARTASANA
P. RUOTA ADDOME



IL TRIANGOLO
TRIKONASANA



P. LATERALE

UTTHITA
PARSHVAKASANA

