



Postures à pratiquer pendant la période des règles



Ado Mukha Virasana 3 mn



Ado Mukha Swastikasana 3 mn



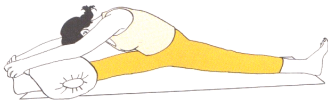
Janu Sirsasana 2 mn de chaque côté



Triang Mukaikapada
Pascimottanasana 2 mn de chaque côté



Ado Mukha Upavista
Konasana 2 mn



Parsva Upavista Konasana 2 mn de chaque côté



Pascimottanasana 3 mn



Upavista Konasana 3 mn



Baddha Konasana 3 mn



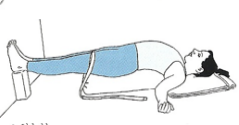
Supta Baddha Konasana 5 mn



Supta Virasana 5 mn



Viparita Dandasana 5 mn



Setubandha Sarvangasana 5 mn



Savasana 5 mn