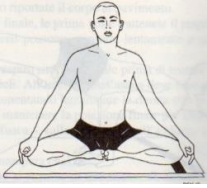
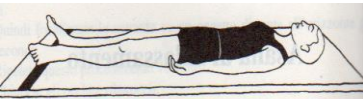


YOGA PER CASA



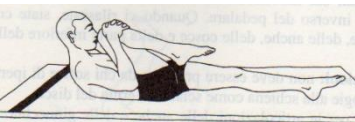
-**SEDUTI:** 3 om con la schiena diritta.

A TERRA:

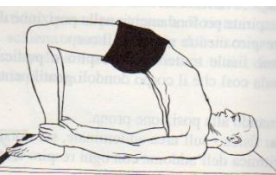


-**SHAVASANA**

- Individuare i punti di contatto tra corpo e pavimento.
- Consapevolezza respiro spontaneo.
- 10 respiri addominali.



- **SUPTA PAWANMUKTASANA x 6** (Posizione a gambe piegate)
Prima con la gamba destra, poi sinistra.



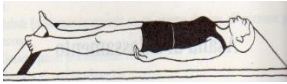
-**KANDHARASANA x 6** (Posizione sulle spalle)



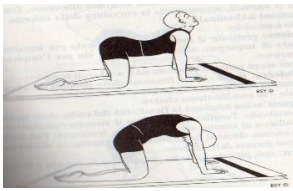
na Sanchalanasana (movimento del remare)

-**NAUKA SANCHALANASANA X 6+6** (Remare)

OPPURE **CHAKKHI CHALANASANA X6+6** (Girare la macina)



-**RELAX IN SHAVASANA**(Osservare le sensazioni per 3 minuti)



-**MARJARI ASANA X 6** (GATTO)



- **SHASHANKASANA**



-**ARDHA TITALI ASANA** (Posizione della mezza farfalla)

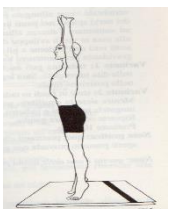


-**PURNA TITALI ASANA** Farfalla completa)



-**GATYATMAK MERU VAKRASANA** (torsione dinamica della colonna vertebrale .

IN PIEDI:

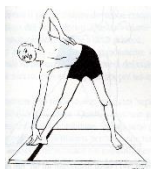


-**TADASANA** (Palma che cresce) x 6 .



-TIRYAKA TADASANA (Palma che oscilla) x 6 .

Oppure:



-trikonasana (variante 3) x 6.



-KATI CHAKRASANA (Palma che ruota su sé stessa) x6 .

A TERRA:



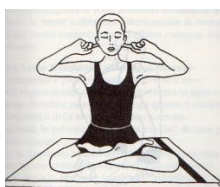
-SHAVASANA

-YOGA NIDRA GUIDATO IN ITALIANO *

Oppure:

-OSSERVAZIONE RESPIRO NATURALE.

10/20 Respiri ombelico-gola inspirando / gola- ombelico
espirando .



BRAHMARI PRANAYAMA (Ronzio dell' ape) . 3 OM

*** www.yoganidranetwork.org/mp3/yoga-nidra-italiano**

Oppure : www.yoganidranetwork.org

FREE YOGA NIDRA .

ANNALISA CARDIN – YOGA NIDRA IN ITALIANO.