



Darshan YOGA
Daniele Bertani

Yoga in Gravidanza



"Ogni parte del corpo o della mente vengono stimulate
da un Asana eseguita accuratamente e correttamente."
Gita S. Iyengar - Yoga per la donna



Hasta Padangusthasana

Pada Hastasana

Utthita Tri Konasana



Parivrtta Tri Konasana

Utthita Parsva Konasana



Parivrtta Parsva Konasana



Prasarita Padottanasana A



Prasarita
Padottanasana B



Prasarita
Padottanasana C



Prasarita
Padottanasana D



Uttitha Parsvottanasana



Eka Pada Raja
Kapotasana



Hanumanasana



Eka Pada Raja
Kapotasana



Hanumanasana



Urdhva Mukha Svanasana - Adho Mukha Svanasana - Samasthithi



Utthita Hasta Padangusthasana - Utthita Parsvasahita - Utthita Eka Padasana



Utthita Hasta Padangusthasana - Utthita Parsvasahita - Utthita Eka Padasana



Eka Pada Padmottanasana



Utkatasana

Virabhadrasana I



Virabhadrasana II



Dandasana Sthitih



Konasana



Purvottanasana



Ardha Baddha Padma
Paschimottanasana



Triang Mukha Eka Pada
Paschimottanasana





Parivrtta Janu Sirsasana A

Parivrtta
Janu Sirsasana B





Marichyasana A



Marichyasana B



Baddha Konasana B



Baddha Konasana C



Konasana



Upavistha Konasana



Urdhva Dhanurasana

Paschimottanasana



Savasana





Salamba Sarvangasana - Eka Pada Sarvangasana



Urdva Padmasana - Matsyasana - Uttana Padasana



Virasana - Supta Virasana - Balasana

Salamba
Sirsasana





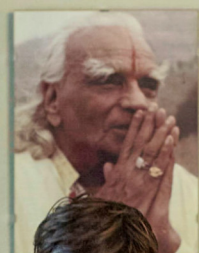
Yoga Mudra



Panmasana



Padma Bujangasana



Padmasana



Savasana



Praticante: Elisa Reverberi - Insegnate: Daniele Bertani
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(Foto: Fabio Boni)