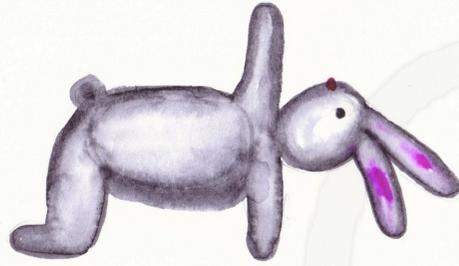


# Marzo

Tutti i diritti riservati. Verci Yoga di Veronika Vasko



Rotazioni



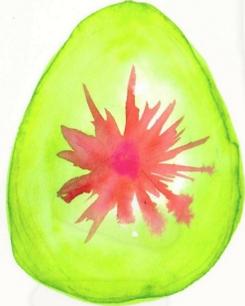
Mucca



Gatto



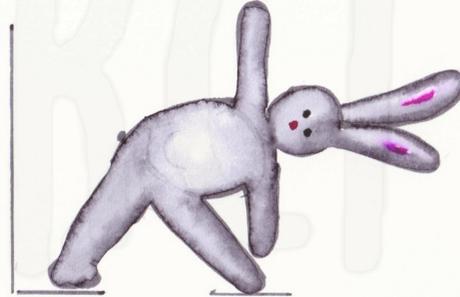
Tigre (laterali)



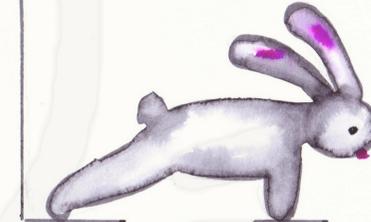
Saluti al sole



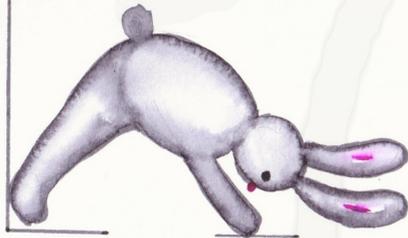
Guerriero 2



Triangolo



Panchina



Cane a testa giu



Panchina laterale



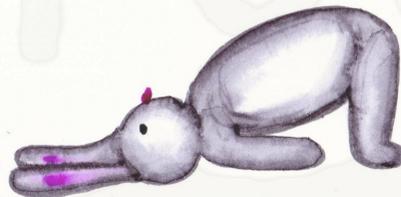
Mezza luna



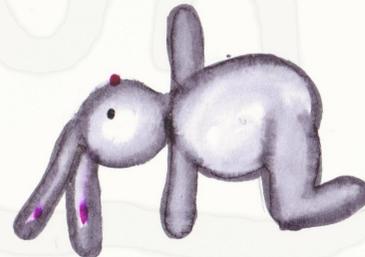
Alluce e mano su



Piccione



Ponte



Rotazione



Rilassamento

livello intermedio

Materiale per aiutare la pratica di yoga. [www.verci.it](http://www.verci.it)