Pratica 7 / 30 Ottobre
- Purificazione
- Sequenza

Yin



Dangling

Yang



Mārjāryāsana e Bitilāsana



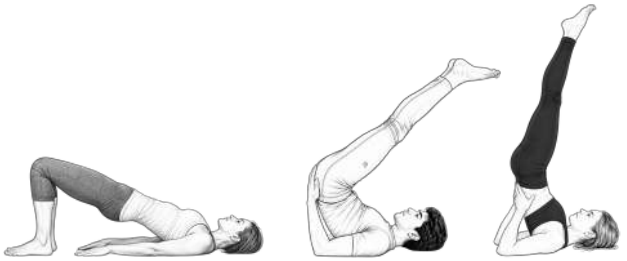
Adho Mukha Śvānāsana



Seiza + Adho Mukha Śvānāsana + Dangling



Ardha Piñcamayūrāsana + Phalakāsana



Setu Bandha Sarvāṅgāsana + viparītakaraṇī o Sarvāṅgāsana

Yin



Fish + Śavāsana

Prāṇāyāma
- Śītalī Prāṇāyāma o Śītkārī Prāṇāyāma
(12-18 Cicli)

- Nāḍīśodhana Prāṇāyāma
Libero (12 cicli)