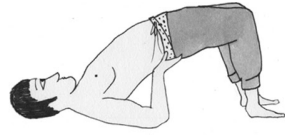
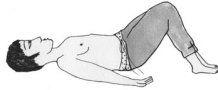


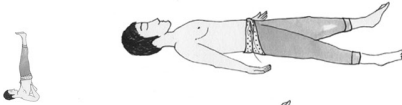
Fases del āsana: ejemplo sarvangāsana



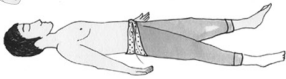
Postura previa
dvipāda-pitham



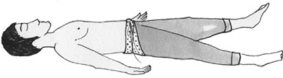
A. Darse tiempo



B. Tiempo de escucha



C. Tiempo de visualización



D. Tiempo de realización
(1)



(2)



(3)



(4)



(5)



(6)



(7)