

CHECKLIST 100 POSES D' ACROYOGA

DEBUTANT

1	Front Bird	
2	Bird	
3	Bow	
4	Throne	
5	Foot to Shin	
6	Foldead Leaf	
7	Folded Leaf Strech	
8	Super Yogi	
9	Super Yogi Twist	
10	High Flying Whale	
11	Reverse Bat	
12	BackBend	
13	Backbow	
14	Dancer	
15	Straddle Bat	
16	Bat	
17	Shin to Foot	
18	Reverse Straddle Throne	
19	Back Plank	
20	Reverse Bird	
21	Straddle Throne	
22	Reverse Prayer	
23	Bird Superman	
24	Bird Eagle	
25	Bird Flamingo	
26	Shoulderstand supported	
27	Ninja Throne	
28	Camel on Foot	
29	Whaka Strech	
30	Scare crow	

INTERMEDIAIRE

31	Reverse Low Foot to Hand	
32	Biceps Stand	
33	Bird on Hands	
34	Star Prayer	
35	Leaf Twist	
36	Hammock	
37	Reverse Bat	
38	Reverse Tuck Sit	
39	Reverse Vishnu's Couch	
40	Tuck Sit	
41	Floating Pashi	
42	Reverse Couch	
43	Reverse Back Plank	
44	Mermaid	
45	Reverse Shoulder Stand	
46	Vishnu's Couch	
47	Couch	
48	Free shoulderstand Straddle	
49	Side Star	
50	Cartwheel	
51	Double Bird	
52	High Tabletop	
53	High Table Straddle	
54	Double Throne	
55	Star straddle	
56	Hangle Dangle	
57	Low Foot to Hand	
58	Reverse Star	
59	Shoulderstand Scorpion	
60	Star straight	
61	Star Free	
62	Free Shoulderstand Straddle	
63	Free Shoulderstand Straight	
64	High Cross	
65	Heart to Hands	

AVANCE

66	Navasana	
67	Flag	
68	Bow on Hand	
69	Handstand on knees	
70	2-High	
71	Low reverse Hand to Hand	
72	Reverse Needle	
73	High Foot to Hand	
74	Side Back Bend	
75	Tittibhasana	
76	Reverse Tittibhasana	
77	Little Mermaid	
78	Croc	
79	Floating Camel on hands	
80	Hand to Hand	
81	Low Hand to Hand	
82	Dragonfly	
83	Needle	
84	Star Needle	
85	Scorpion on hands	
86	Bowsprit	
87	Pasarita Twist	
88	Tabletop	
89	Reverse Foot to Foot	
90	Foot to Foot	
91	Standing Vishnu's couch	
92	Standing Hand to Hand	
93	Croc	
94	High Side Star	
95	Mono Limb	
96	Double base Hand to Hand	
97	High Hangle Dangle	
98	Double Couch	
99	Arabesque	
100	Scorpion Kiss	

Photos et explications disponible sur :

WWW.ACROYOGAWORLD.FR

Toutes les infos sur le monde de l'acroyoga !