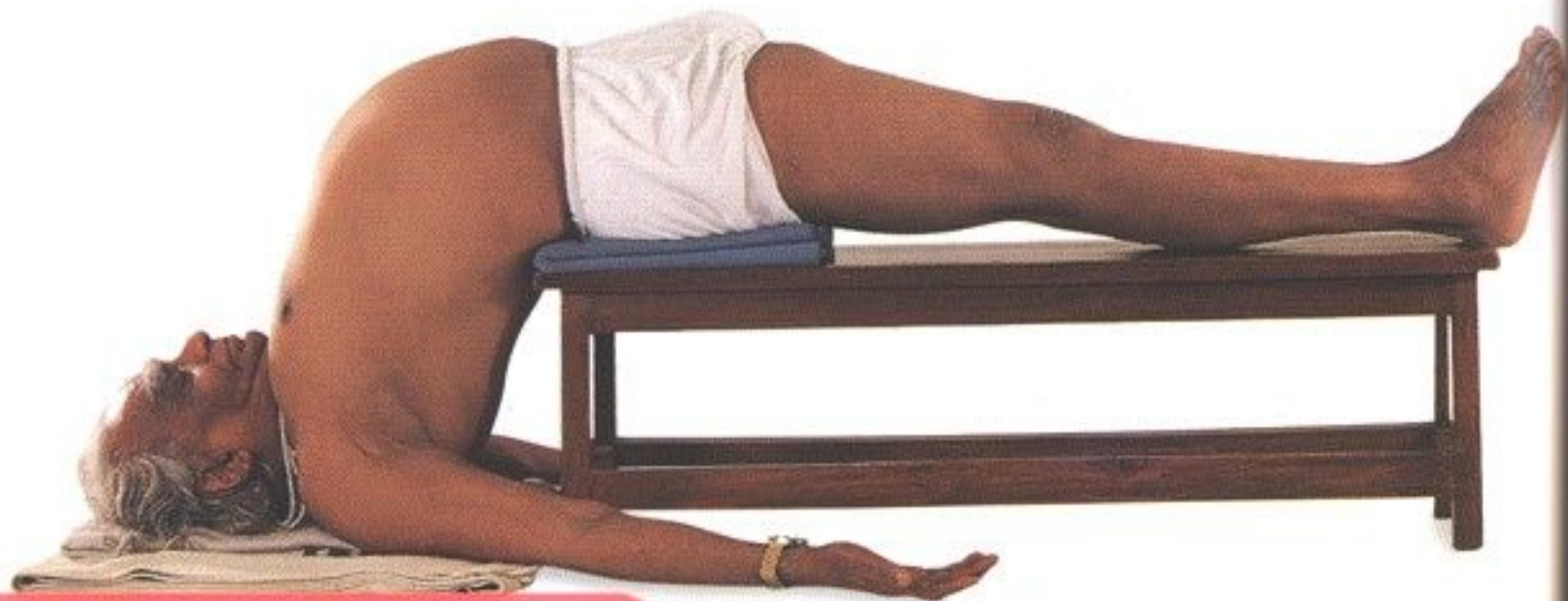


Il y a 2 principales techniques de yoga :

Le Style indien

# Asanas with Props

*The ancient yogis used logs of wood, stones, and ropes to help them practice asanas effectively. Extending this principle, Yogacharya Iyengar invented props which allow asanas to be held easily and for a longer duration, without strain.*



## YOGACHARYA IYENGAR IN SETUBANDHA SARVANGASANA

*This version of the posture requires considerable strength in the neck, shoulders, and back, requiring years of practice to achieve. It should not be attempted without supervision.*



Et le Style Ch'ti ...



**L'abus d'alcool est dangereux pour la santé.**

**A consommer avec modération**

D'autres sur:

**Diaporamas-a-la-con.com**

Le site des meilleurs diaporamas humoristiques

[Attention le passage du pointeur de souris dans ce cadre déclenche un lien vers le site]