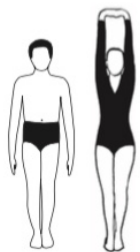


Realize cada postura por 30 segundos a 1 minuto, quando houver indicação de lados (D/E) utilizar o mesmo tempo para cada lado.



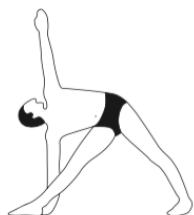
**1. Tadasana urdva bha-
danguliasana**



2. Vrksasana (D/E)



3. Utkatasana



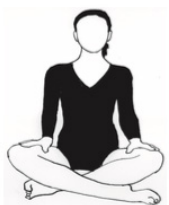
**4. Utthita
Trikonasana (D/E)**



**5. Adho Mukha
Shvanasana**



**6. Adho Mukha
Virasana**



7. Sukasana



**8. Parshva Sukasana
(D/E)**



9. Shavasana