

**WideMat**  
*freedom matters*

*Yoga en casa*  
**PARA PRINCIPIANTES**



**SEMANA 20**

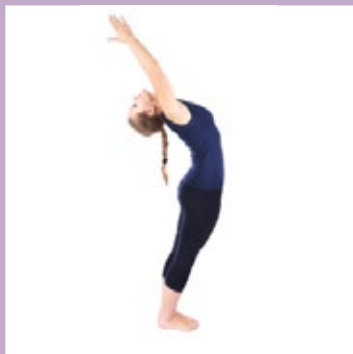
# Yoga en casa

## PARA PRINCIPIANTES

SEMANA 20



La luna



Hasta Uttanasana



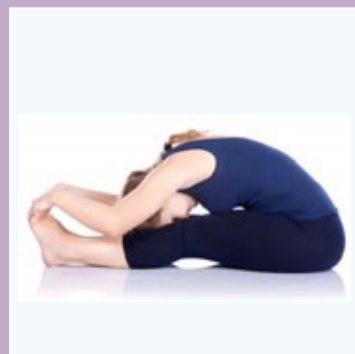
Postura del Guerrero I



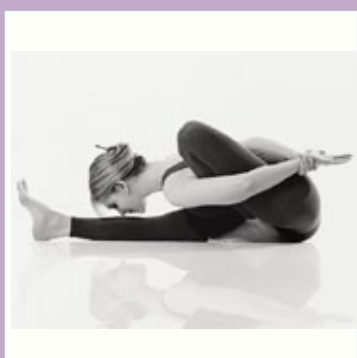
Utthita Parsvakonasana



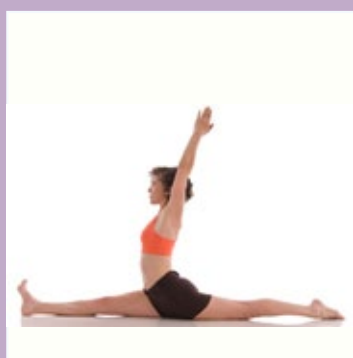
Navasana



Paschimottasana



Marichyasana A



Hanumanasana



Virasana

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