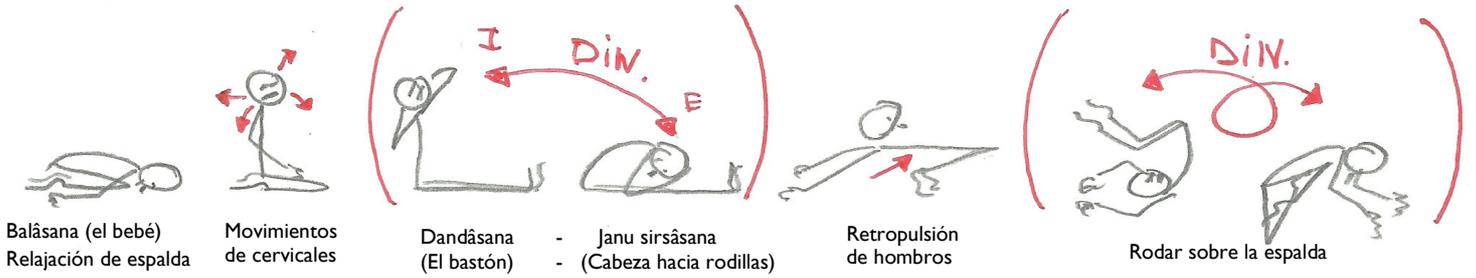
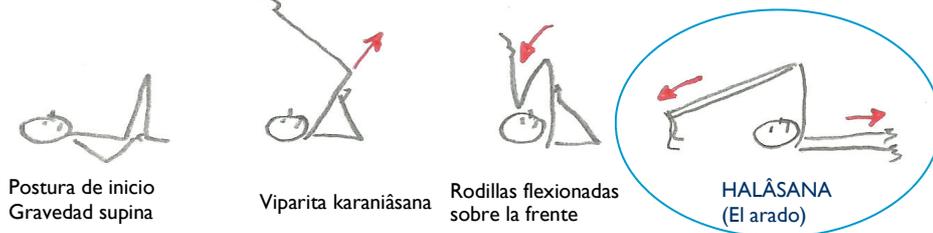


# Objetivo Halāsana - Postura del arado

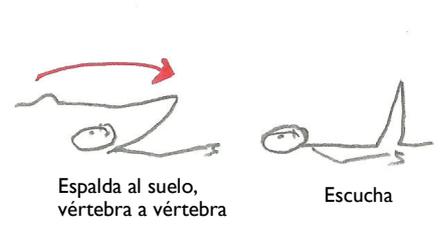
## CALENTAMIENTO — PROGRESIÓN



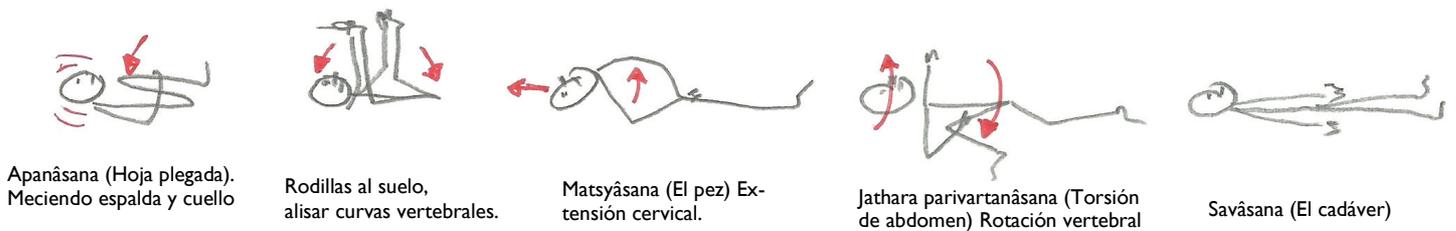
## TOMA DE POSTURA



## DESHACER LA POSTURA



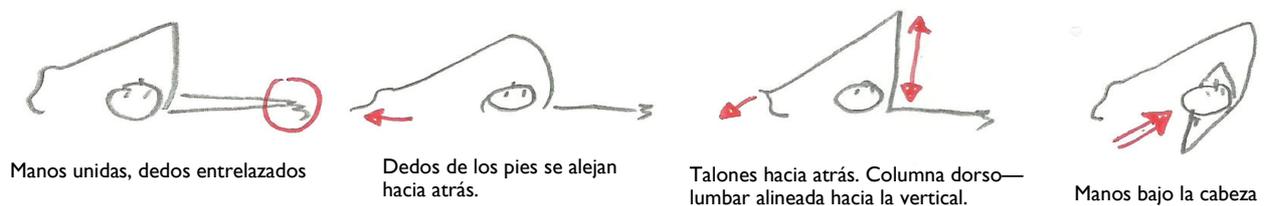
## COMPENSACIÓN



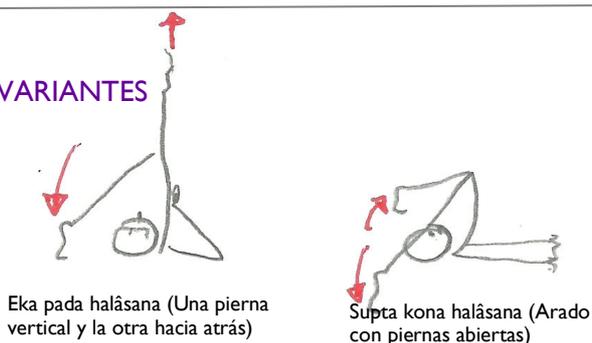
## ATORREGULACIÓN



## INTENSIFICACIÓN



## VARIANTES



## PREPARA

