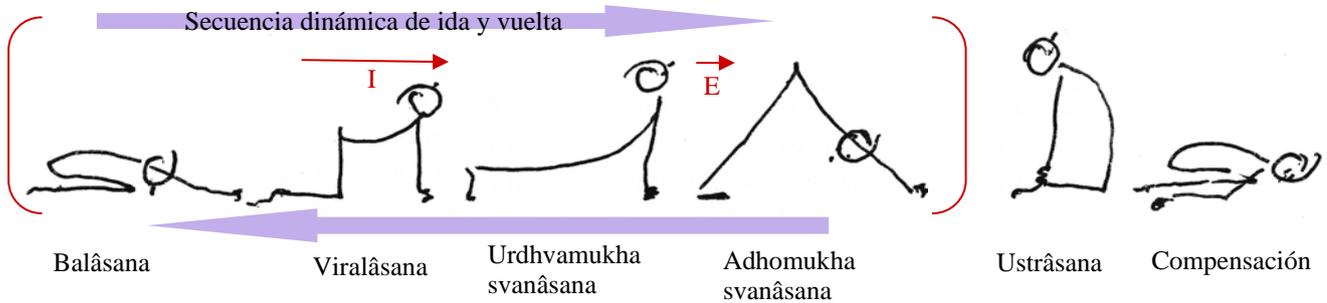
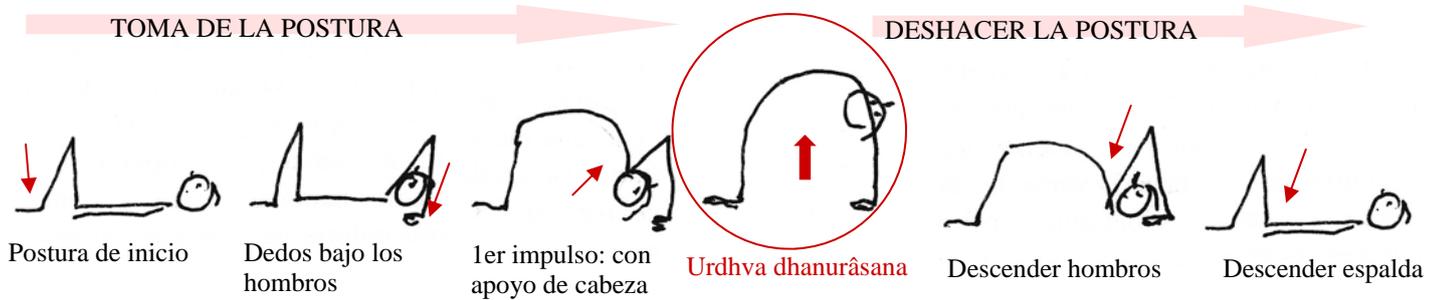


URDHVA DHANURÂSANA, Postura del arco hacia arriba

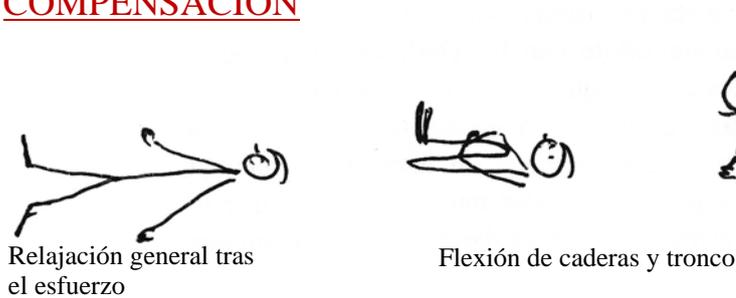
PREPARACIÓN



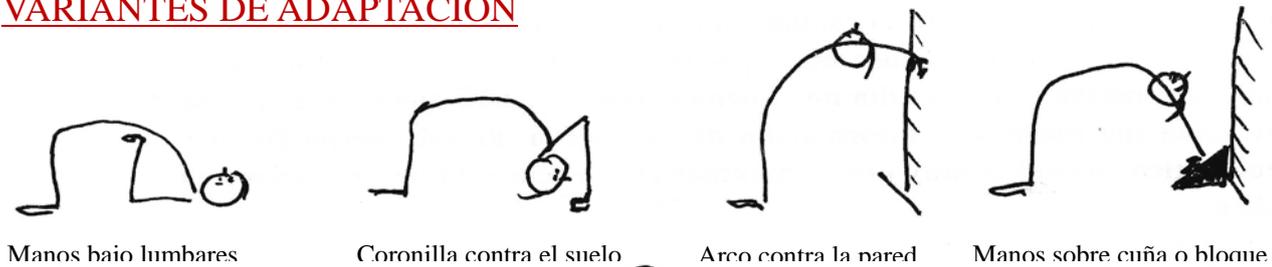
POSTURA



COMPENSACIÓN



VARIANTES DE ADAPTACIÓN



VARIANTES DE INTENSIFICACIÓN

