















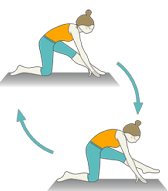






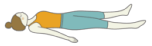


Balzare in avanti

4'33" - Yoga & Percussioni
Daniela Sassaro

<p>Introduction</p>	<p>Pranayama</p>	 <p>Vajrasana</p>	 <p>Dandayamana Bharmanasana Knee To Nose Vinyasa</p>	 <p>Parivrtta Bharmanasana Elbow Bent</p>	 <p>Dandayamana Bharmanasana Variation Leg To Side</p>
 <p>Bharmanasana Knees Up</p>	 <p>Bharmanasana Knees Twist</p>	 <p>Hanumanasana Variation</p>	 <p>Uttana Shishosana</p>	 <p>Bakasana</p>	
 <p>Eka Hasta Tri Pada Adho Mukha Svanasana</p>		 <p>Parivrtta Anjaneyasana Variation 1</p>	 <p>Uttan Pristhasana Variation One Knee On Floor Arms Stretched Forward</p>	 <p>Anjaneyasana Hamstring Stretch Vinyasa</p>	 <p>Parivrtta Ardha Hanumanasana Variation</p>
 <p>Ardha Hanumanasana Variation Front Urdhva Pada Vinyasa</p>	 <p>Hanumanasana</p>	 <p>Maha Mudra</p>	 <p>Parivrtta Prasarita Balasana</p>		
		 <p>Savasana</p>			