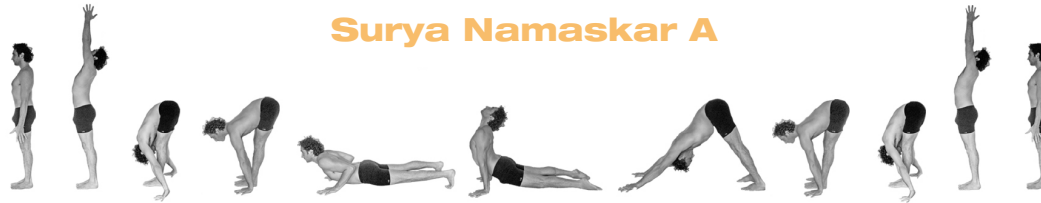
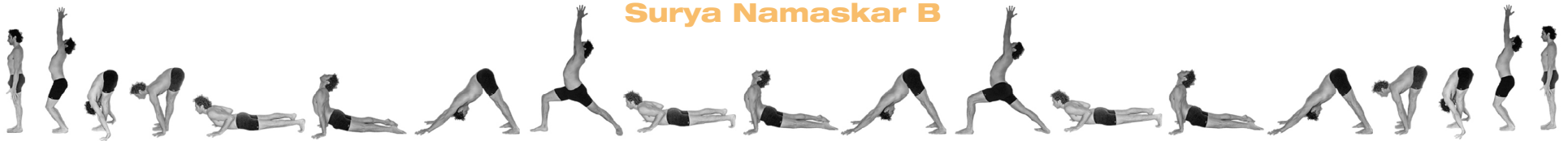


# ÓSCAR MONTERO

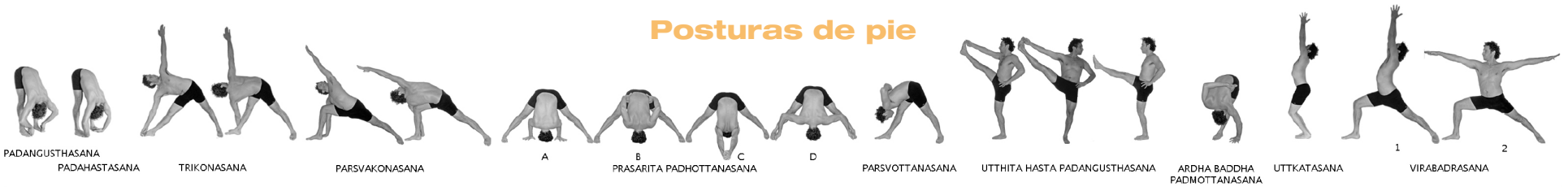
## Surya Namaskar A



## Surya Namaskar B

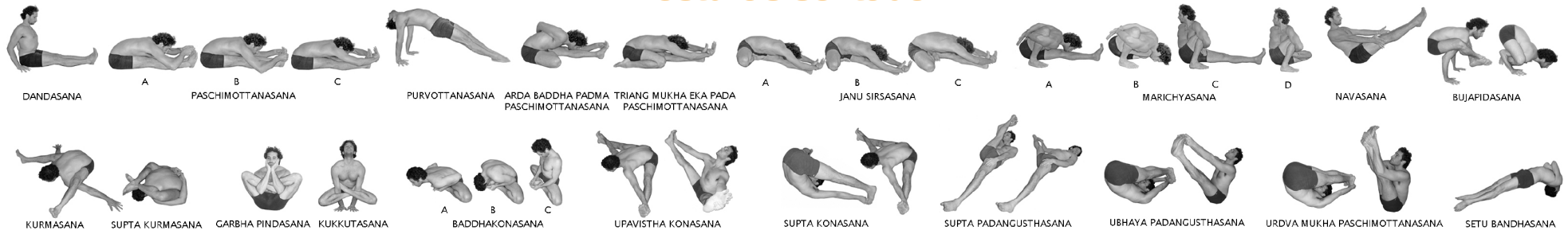


## Posturas de pie



PADANGUSTHASANA  
PADAHASTASANA  
TRIKONASANA  
PARSVAKONASANA  
A  
B  
C  
D  
PARSVOTTANASANA  
UTTHITA HASTA PADANGUSTHASANA  
ARDHA BADDHA  
PADMOTTANASANA  
UTTKATASANA  
1  
2  
VIRABDRASANA

## Posturas sentado



DANDASANA  
A  
B  
C  
PURVOTTANASANA  
ARDA BADDHA PADMA  
PASCHIMOTTANASANA  
TRIANG MUKHA EKA PADA  
PASCHIMOTTANASANA  
A  
B  
C  
JANU SIRSASANA  
A  
B  
C  
MARICHYASANA  
D  
NAVASANA  
BUJAPIDASANA

## Posturas finales



URDVA DANURASANA  
PASCHIMOTTANASANA  
SARVANGASANA  
HALASANA  
KARNAPIDASANA  
URDVA PADMASANA  
PINDASANA  
MATSYASANA  
UTTANA PADASANA  
SIRSASANA  
BADDHA PADMASANA  
YOGA MUDRA  
PADMASANA  
UTPLUTHIH  
SAVASANA