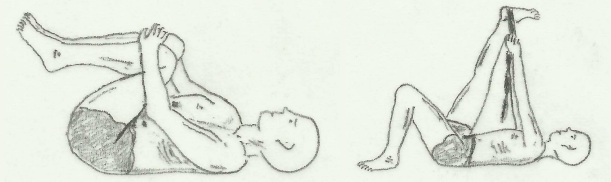
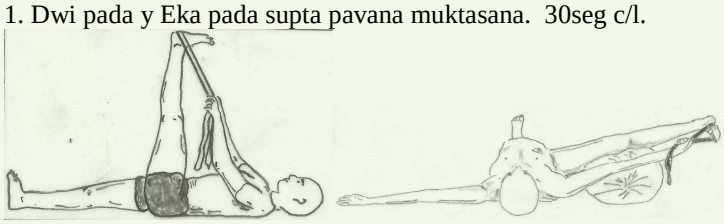
CIÁTICA

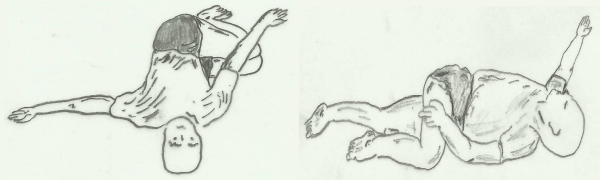
por www.yogaescuela.es



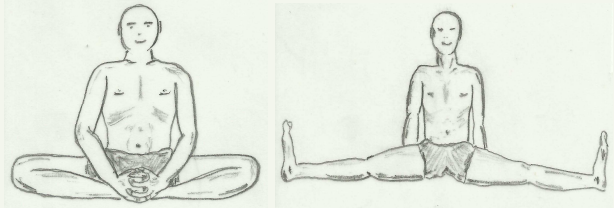
1. Dwi pada y Eka pada supta pavana muktasana. 30seg c/l.



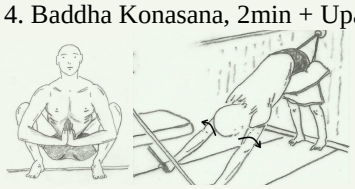
2. Eka pada supta padangusthasana. 30seg c/l.



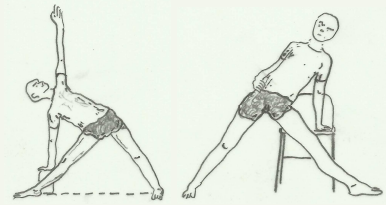
3. Jathara Parivartanasana. 30seg c/l.



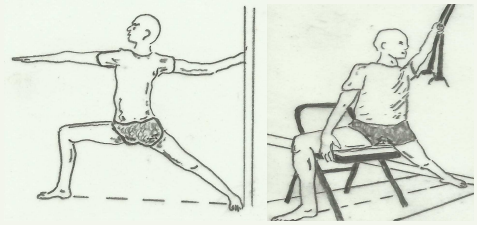
4. Baddha Konasana, 2min + Upavista Konasana, 2min.



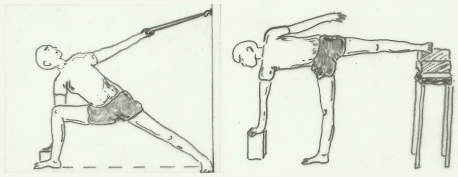
5. Malasna, 30seg + Adho Mukha Svanasana en cuerdas 2min.



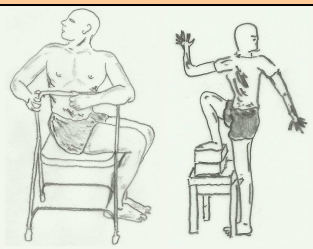
6. Utthita Trikonasana. 30seg c/l.



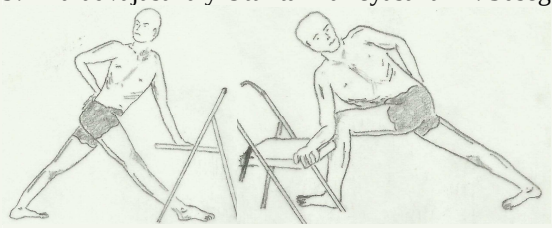
7. Virabhadrasana II. 30seg c/l.



8. Utthita Parsvakonasana, 20seg c/l + Ardha Candrasana, 20seg.

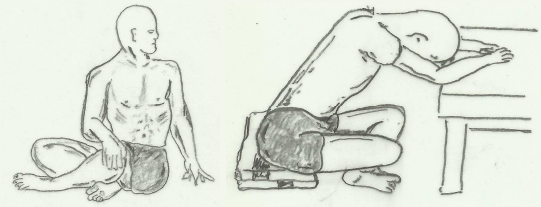


9. Bharadvajasana y Utthita Maricyasana III. 30seg c/l.

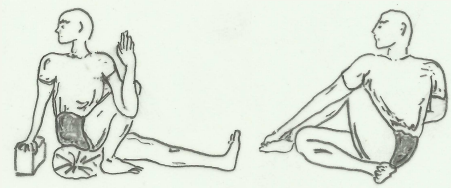


10. Parivrtta Trikonasana + Parivrtta Parsvakonasana, 20seg c/l.

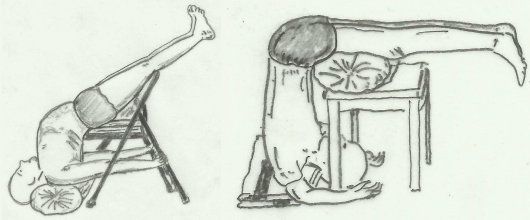
11. Adho Mukha Virasana. 1 minuto.



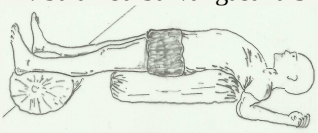
12.Parivrtta Sukhasana y Adho Mukha Sukhasana. 30seg c/l.



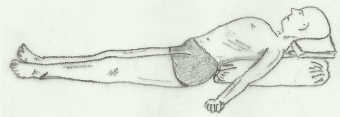
13. Maricyasana III + Ardha Matsyendrasana, 30seg c/l.



14. Salamba Sarvangasana 3 minutos; Ardha Halasana 2 minutos.



15. Setu Banddha Sarvangasana, 3min.



16. Savasana. 5 minutos.

Esta secuencia puede ser beneficiosa para aliviar el dolor Ciático en general producto de tensiones, sobrecargas y contracturas musculares. En caso de que usted tenga alguna lesión importante, consulte con su médico y con un profesor de Yoga especializado.

Advertencia: Recuerde que esta secuencia no pretende sustituir ningún tratamiento médico y debido a que la ciática puede deberse a distintas causas, lo ideal es que sea ajustada por su profesor según sea su edad, trabajo, forma física y actitud mental.