



TeleYoga 3

audio datei online / 59 Minuten

swastikasana
 parsva swastikasana
 parsva dandasana

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adho mukha svanasana
 adho mukha virasana

..

tadasana
 urdhva hastasana
 gomukhasana in tadasana

..

pincha mayurasana
 salamba sirsasana

..

parsvottanasana
 paschima namaskarasana in parsvottanasana
 uttanasana

..

virasana

..

setu bandha sarvangasana
 viparita karani

..

adho mukha swastikasana

..

savasana

..

Hilfsmittel:

Decke
 (1-) 2 Klötze
 Gurt
 Wand