



## TeleYoga 4

audio datei online / 45 Minuten

swastikasana

..

adho mukha svanasana

uttanasana

..

parsva utthita hasta padangusthasana

adho mukha svanasana

..

virabhadrasana I

..

adho mukha svanasana

urdhva mukha svanasana

..

prasarita padottanasana

bharadvajasana

..

kurmasana

..

savasana

..

### Hilfsmittel:

Decke

Stuhl

Wand

Gurt