



TeleYoga 5

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swastikasana

..
adho mukha virasana
adho mukha svanasana
uttanasana

..
prasarita padottanasana

..
tadasana
baddhanguliyasana
tadasana
urdhva hastasana

..
tadasana
urdhva hastasana
utkatasana
uttanasana
malasasana
uttanasana
urdhva hastasana
tadasana

..

..
tadasana
utthita hasta padangusthasana

..
tadasana
urdhva hastasana
uttanasana
urdhva prasarita eka padasana
uttanasana

..
urdhva prasarita padasana
supta tadasana
supta padangusthasana |
parsva supta padangusthasana

..
chatus padasana
urdhva prasarita padasana
swastikasana in savasana

..

Hilfsmittel:

(1-) 2 Klötze o.ä.
Gurt
evtl. Wand