



TeleYoga 2

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swastikasana	>
adho mukha swastikasana	tadasana
dandasana	uttanasana
urdhva hasta dandasana	..
..	tadasana
adho mukha virasana	utthita hasta padasana
adho mukha svanasana	parsva hasta padasana
uttanasana	virabhadrasana II
..	..
adho mukha svanasana	tadasana
eka pada adho mukha svanasana	uttanasana
adho mukha virasana	..
..	vajrasana
tadasana	parsva vajrasana
urdhva hastasana	upavistha konasana
tadasana	parsva upavistha konasana
baddha hastasana	dandasana
..	..
tadasana	setu bandha sarvangasana
utthita hasta padasana	..
parsva hasta padasana	savasana
utthita trikonasana	..
>	

Hilfsmittel:

Decke
Klotz