



TeleYoga 6

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swastikasana
urdhva hasta swastikasana

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tadasana
urdhva hastasana
tadasana

urdhva baddhanguliyasana

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ardha uttanasana
vrksasana
utthita parsva konasana
ardha uttanasana
ardha chandrasana
uttanasana

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virasana
baddha hastasana in virasana
adho mukha svanasana
adho mukha virasana
ardha adho mukha vrksasana
adho mukha virasana

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jathara parivartanasana

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adho mukha swastikasana
viparita karani

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Hilfsmittel:

1-2 Klötze
Wand