



TeleYoga 10

audio datei online / 34 Minuten

swastikasana
adho mukha virasana

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tadasana
urdhva hastasana
uttanasana

..

tadasana
utthita hasta padangusthasana

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tadasana
urdhva hastasana
uttanasana
virabhadrasana I
adho mukha svanasana
virabhadrasana I
uttanasana
urdhva hastasana
tadasana

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vrksasana
prasarita padottanasana

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dandasana
urdhva baddhanguliyasana in dandasana
marichyasana I
paschimottanasana

..

supta baddha konasana
urdhva prasarita padasana

..

Hilfsmittel:

1-2 Klötze
evt. 1-2 Decken
Wand