



TeleYoga 11
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swastikasana
 ..
 adho mukha virasana
 adho mukha svanasana
 uttanasana
 ..
 tadasana
 urdhva baddhanguliyasana
 ..
 dandasana
 parsva dandasana
 marichyasana III
 ..
 parsvottanasana
 parivrtta trikonasana
 uttanasana
 ..
 supta baddha konasana
 ..
 setu bandha sarvangasana
 eka pada setu bandha sarvangasana
 viparita karani
 ..
 savasana
 ..

Hilfsmittel:
 2 Klötze
 Gurt
 evtl. Decke/ Polster