



## TeleYoga 12

audio datei online / 70 Minuten

swastikasana

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supta padangusthasana I

supta tadasana

urdhva hastasana in supta tadasana

supta padangusthasana I

parsva supta padangusthasana

supta tadasana

urdhva hastasana in supta tadasana

...

adho mukha svanasana

adho mukha virasana

adho mukha svanasana

...

tadasana

urdhva baddhanguliyasana

..

utthita hasta padangusthasana

urdhva baddhanguliyasana in utthita hasta padangusthasana

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utthita marichyasana

bharadvajasana

..

ardha uttanasana

..

chatus padasana

savasana

..

### Hilfsmittel:

Wand, Gurt, 2 Klötze, Stuhl