



## TeleYoga 13

audio datei online / 60 Minuten

swastikasana

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adho mukha virasana  
adho mukha svanasana  
uttanasana

..

tadasana  
vrksasana  
utthita trikonasana

..

shalabhasana  
dhanurasana  
purvottanasana

..

adho mukha svanasana

..

setu bandha sarvangasana

..

supta padangusthasana I  
pavanmukthasana

..

urdhva prasarita padasana

..

swastikasana in savasana

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Hilfsmittel:

Klotz, Decke, Gurt