



TeleYoga 14

audio datei online / 35 Minuten

virasasana

adho mukha svanasana

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vajrasana

parvatasana in vajrasana

paschima baddhanguliyasana in vajrasana

baddha hastasana in vajrasana

gomukhasana in vajrasana

..

adho mukha svanasana

uttanasana

..

prasarita padottanasanasana

paschima baddhanguliyasana in prasarita padottanasanasana

..

dandasana

parsva dandasana

..

setu bandha sarvangasana

..

swastikasana in savasana

..

Hilfsmittel:

1-2 Klötze

Gurt

Wand