



TeleYoga 16

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swastikasana	upavistha konasana
urdhva hasta swastikasana	parsva upavistha konasana
..	baddha konasana
tadasana	dandasana
urdhva hastasana	..
uttanasana	upavistha konasana
adho mukha svanasana	parsva upavistha konasana
adho mukha virasana	parivrtta upavistha konasana
..	baddha konasana
adho mukha svanasana	dandasana
parsvottanasana	..
adho mukha svanasana	urdhva hasta dandasana
adho mukha virasana	padangustha dandasana
..	paschimottanasana
prasarita padottanasana	..
..	setu bandha sarvangasana
salamba sirsasana	..
baddha konasana in sirsasana	savasana
upavistha konasana in sirsasana	..
adho mukha virasana	
..	

Hilfsmittel:

2 Klötze
Gurt