



TeleYoga 17

audio datei online / 26 Minuten

swastikasana
 urdhva hasta swastikasana
 parsva swastikasana
 ..
 adho mukha svanasana
 uttanasana
 ..
 tadasana
 namaskarasana
 tadasana
 urdhva hastasana
 uttanasana
 adho mukha svanasana
 uttanasana
 urdhva hastasana
 tadasana
 namaskarasana
 tadasana
 ..
 tadasana
 namaskarasana
 tadasana

urdhva hastasana
 uttanasana
 adho mukha svanasana
 urdhva mukha svanasana
 adho mukha svanasana
 uttanasana
 urdhva hastasana
 tadasana
 namaskarasana
 tadasana
 ..
 uttanasana
 adho mukha svanasana
 adho mukha virasana
 ..
 chatus padasana
 ..
 supta padangusthasana
 parivrtta supta padangusthasana
 ..
 swastikasana in savasana

Hilfsmittel:

2 Decken oder Polster
 Gurt