



TeleYoga 19

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swastikasana	adho mukha svanasana
..	ardha adho mukha vrksasana
supta tadasana	uttanasana
urdhva hastasana	eka pada ardha adho mukha vrksasana
in supta tadasana	uttanasana
supta padangusthasana I	..
supta tadasana	virasana
...	parvatasana in virasana
tadasana	parsva virasana
paschima baddhanguliyasana	dandasana
uttanasana	triang mukhaikapada paschimottanasana
paschima baddhanguliyasana	paschimottanasana
in uttanasana	..
..	supta baddha konasana
ardha uttanasana	in setu bandha sarvangasana
..	swastikasana in savasana
adho mukha svanasana	..
adho mukha virasana	

Hilfsmittel:

Wand
Gurt
2 Klötze
2 Decken
Tisch/ Fensterbrett