



TeleYoga 21

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swastikasana	ardha pincha mayurasana
..	pincha mayurasana
adho mukha virasana	vajrasana
uttanasana	..
..	salambha sirsasana
chaturangasana	adho mukha virasana
adho mukha svanasana	..
adho mukha virasana	setu bandha sarvangasana
..	viparita karani
adho mukha vrksasana	setu bandha sarvangasana
uttanasana	eka pada setu bandha sarvangasana
..	setu bandha sarvangasana
parsvottanasana	..
uttanasana	adho mukha swastikasana
..	parsva adho mukha swastikasana
anantasana	..
..	urdhva prasarita padasana
..	..

Hilfsmittel:

2 Klötze, Gurt, Decke, Wand

www.yoga-klub-berlin.de/tele-yoga