



## TeleYoga 22

audio datei online / 38 Minuten

swastikasana

..

adho mukha svanasana

adho mukha virasana

..

supta tadasana

parsva supta padangusthasana

..

adho mukha svanasana

..

utthita trikonasana

ardha chandrasana

..

adho mukha svanasana in prasarita padottanasana

..

jathara parivartanasana

..

chatus padasana

..

savasana

..

### Hilfsmittel:

2 Klötze

Gurt

Decke

Wand