



TeleYoga 27

audio datei online / 24 Minuten

swastikasana
parsva swastikasana

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adho mukha virasana

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tadasana
urdhva hastasana
urdhva baddhanguliyasana
urdhva hastasana
tadasana

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utthita hasta padasana
parsva hasta padasana
utthita trikonasana
virabhadrasana II
utthita trikonasana
tadasana

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vajrasana
parvatasasana in vajrasana

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adho mukha svanasana

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urdhva prasarita padasana

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Hilfsmittel:

Wand
evtl. 1-2 Klötze