

Shraddha - Vertrauen

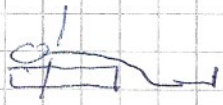


Wechselatmung

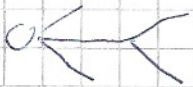
4 EA

3 AA

mit Mula Bandha nach AA



Yoga Vollatmung



Learme dich tut

in den Brustkorb atmen

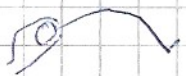


in den Bauch atmen



Ellenbogen

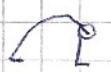
fassen - ruhig gegen Widerstand
atmen



Halbmond im Liegen



im Liegen Block zwischen die Hände + pressen

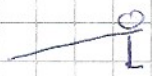
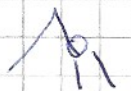


Mi Katze Kuh



Fisch

Arm unter
Adress hohle
tadeln

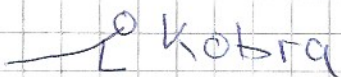


3x

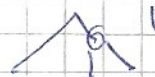
Hund

Sitz

Hund



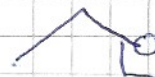
Kobra



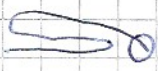
Hund

Lowe

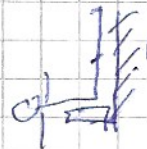
Zunge raus



Delfin



Yoga Andra



Wand

Schulterstand Wand
mit Gurt Oberschulter



Seite rollen



Sitz

lächeln

und

Atmen

Yoga