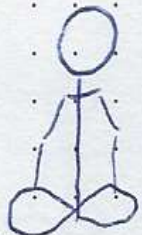
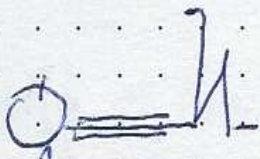


Rani Yoga Anfängerkurs

6/6



Atmung

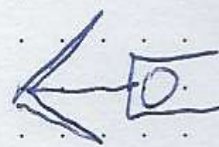
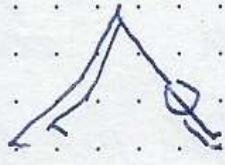
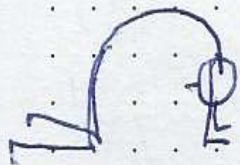
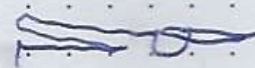


Beinübungen

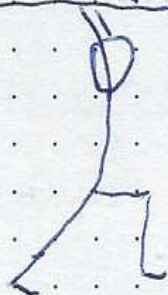
Flow mit folgenden Asanas - verschieden zu kombinieren



Alternativ



Sonnengruß 1x = 2x rechts 2x links = verschiedene Varianten



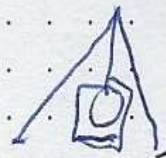
Krieger 1



Krieger 2



Dreieck



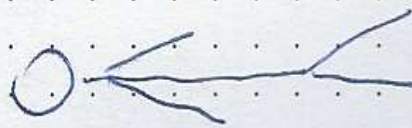
verschiedene Varianten



Drehsitz
sanft



Vorbeuge
1 Bein



Savasana