

Rani Yoga – Hatha-Flow Mix – Kräftigung & Flexibilität



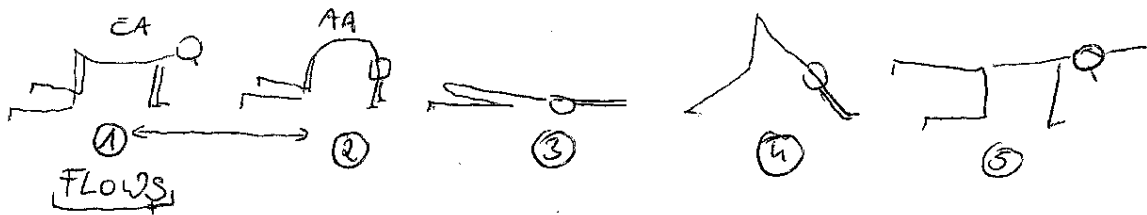
Beinübungen

a) 1 Bein \downarrow EA
 b) beide Beine \downarrow AA

Diverse Variationen



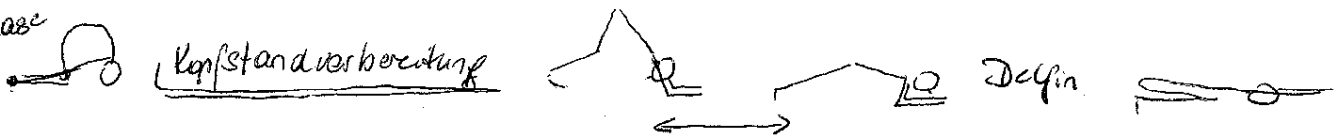
3-5x + 5A2 statisch



① über 2 \rightarrow 3 = 1 - 4 - 1 - 3

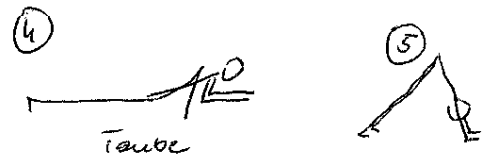
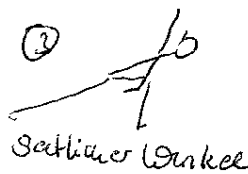
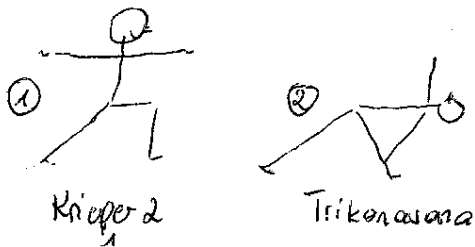
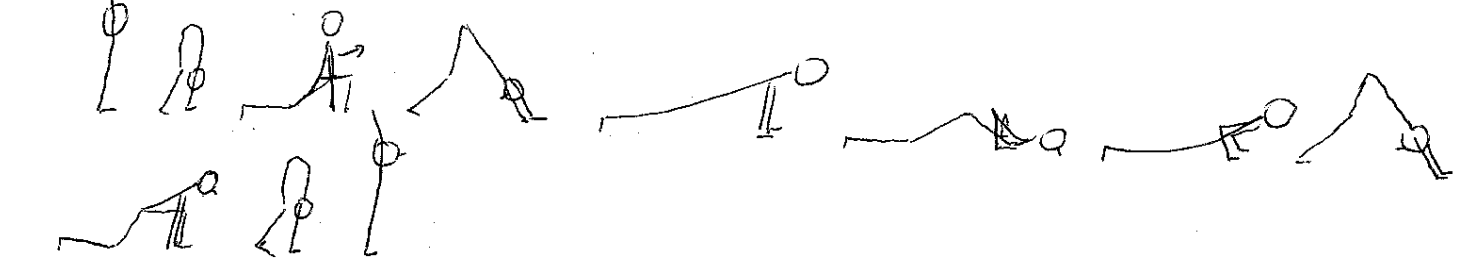
② ① - 5 - abwechselnd re + ei + 5 statisch halten

Hase



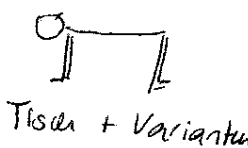
Surya Namaskar

beide Seiten 2-3 x wiederholen



Flow A

beide Seiten 5-1-2-3-1-5



Flow B
 beide Seiten = 5-4-5

Variationen in der Stunde