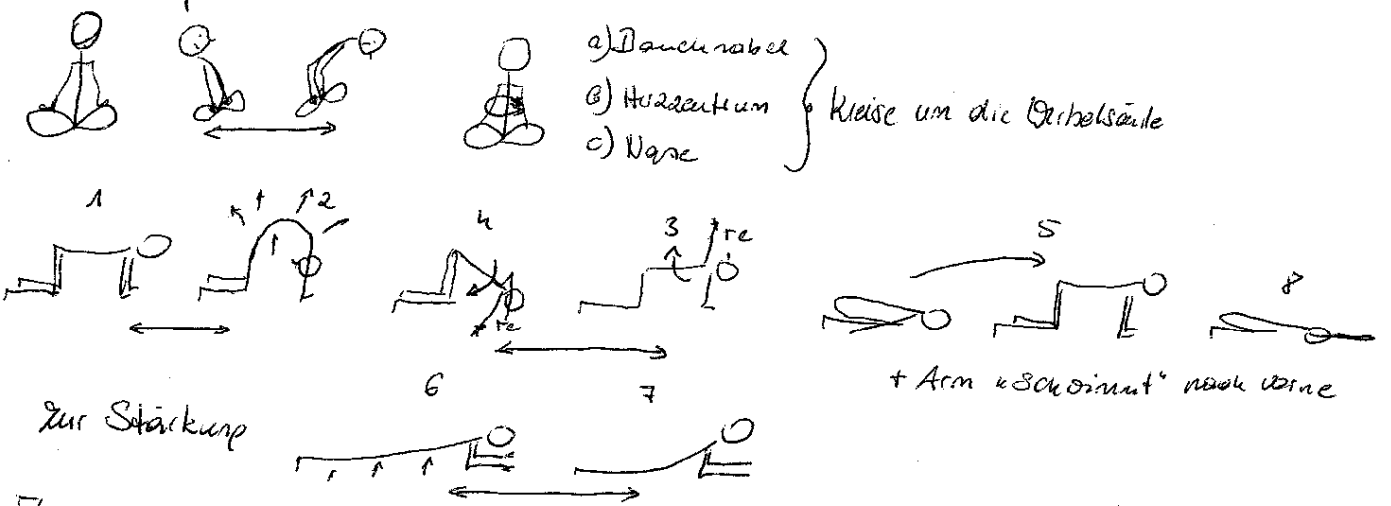


Raui-Yoga Einheit Ayurveda-Yoga

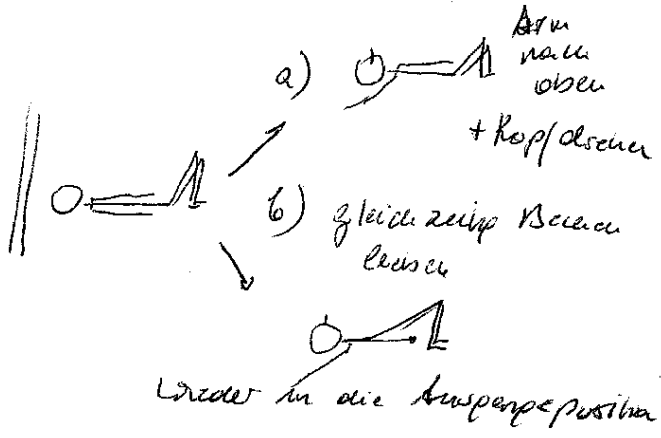
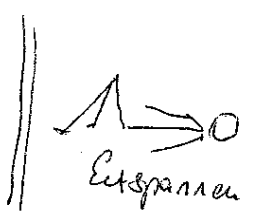
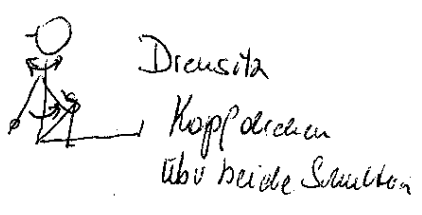
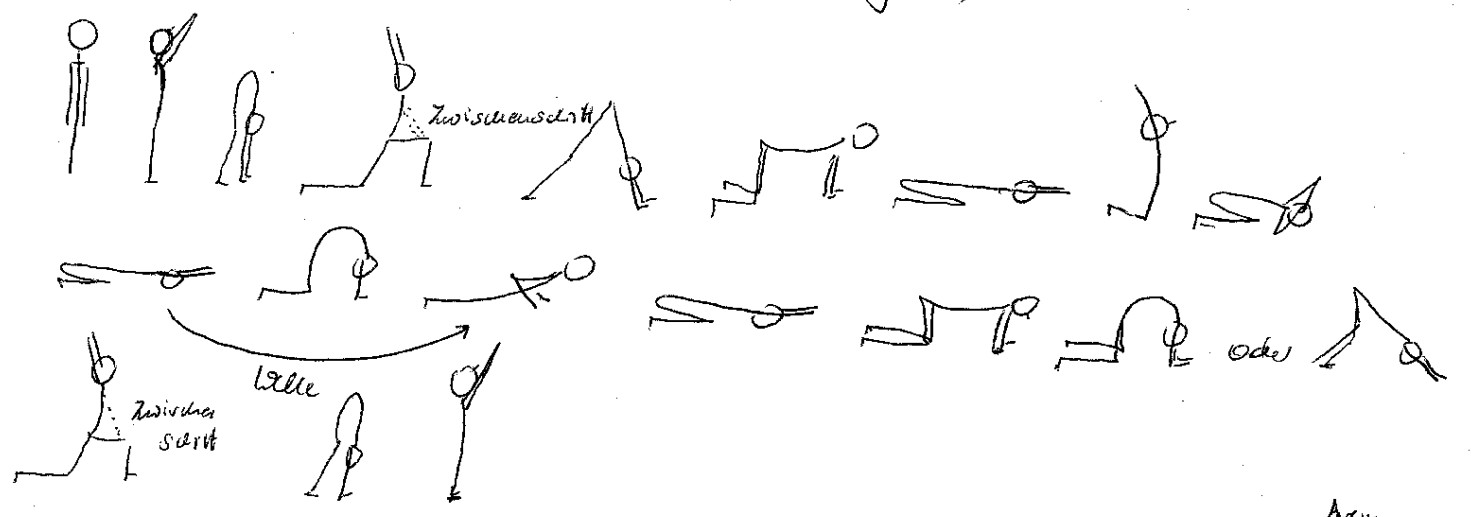
Konkretisierung der Wirbelsäule



Flow #1 => 1-2-2-1-2
 Flow #2 => 1-5-3 4-1 -5-3-4
 Flow #3 1-2-1-2-(re) 3-4-(li) 3-4-(re) 5-3(re) (li)-4-(li) 5-3-4- ||(re) (li) (re) (li) || 8-2-7-6-7-6-7

Mondgruß

3-4 Wiederholungen (Konditionell)



Nicht vergessen!



Sawarona

Atmübung + Meditation

+ Armvarianten