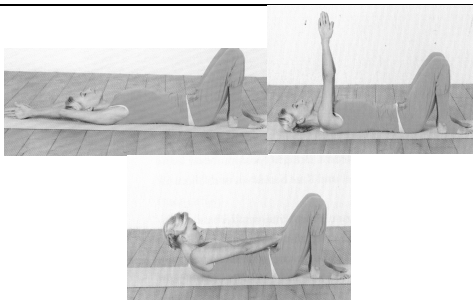
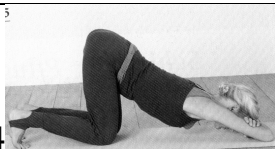
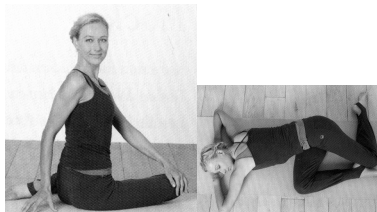
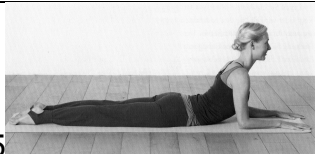
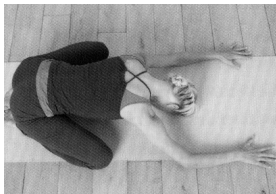
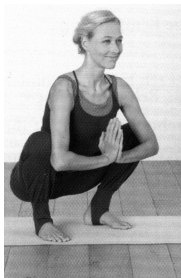
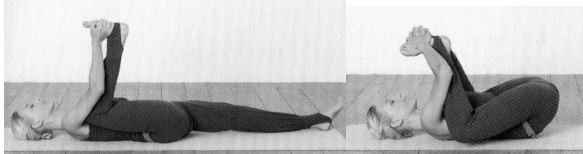


Yin Yoga Februar 2017

Auf Pranayama Kissen, Arme kreisförmig		
Banasana		 3+3
Herzöffner		 4
Reh (Sitz) drehen, dann vorbeugen	re/li	4,4+4,4 
Sphinx		 5
Frosch		6 

Hocke	Block unter PO	3 
Drachen	2 Blöcke, Hände stützen	4 + 4 
Happy Baby		
Umkehrstellung	Becken === Kissen, Decke	10 