

Happy Yoga Routine // Winter 2015

20:05

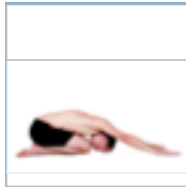


Sukhasana

Ujjayi

Nadi Shodana

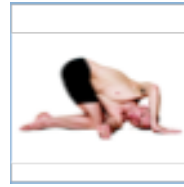
20:15



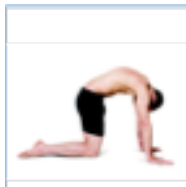
Balasana



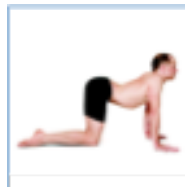
Balasana Seitneig.



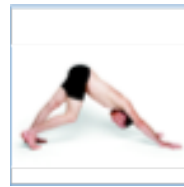
Balasana gedreht



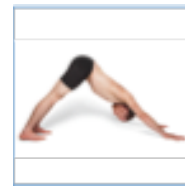
Katze



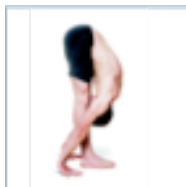
Kuh



Hund Variation



Hund



Uttanasana



Ardha Uttanasana



Urdhva Hastasana



Tadasana

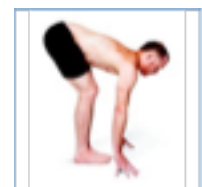
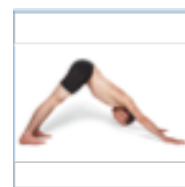
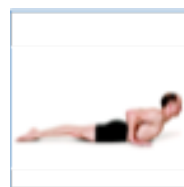
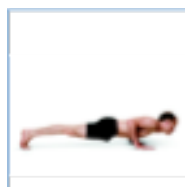
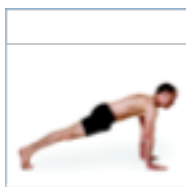
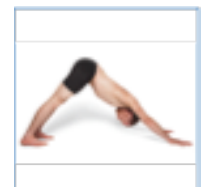
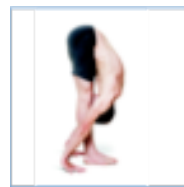
20:25



Surya Namaskara A



4x



Happy Yoga Routine // Winter 2015



20:30



Halbmond I

Halbmond II

Halbmond III

Halbmond IV

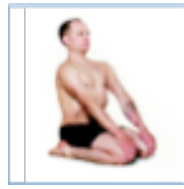
Adlerarme

Trizeps greifen

Balance

Handgelenk

20:40
Wand!

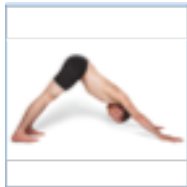


Delphin
1 min halten

Pincha Mayurasana
1 min halten

Virasana

20:50



Adho Mukha
Svanasana

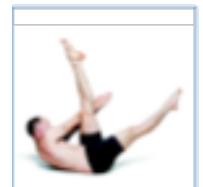
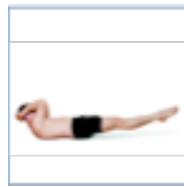
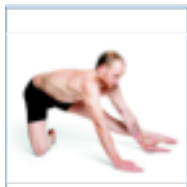
Parsvakonasana

Prasarita
Padottanasana

Trikonasana

Adho Mukha
Svanasana

21:05



Parighasana Prep

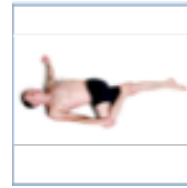
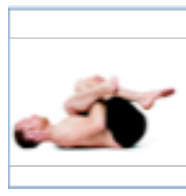
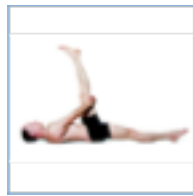
Parighasana

Beine Heben I

Beine Heben II

Beine Heben III
Twist

21:15



21:25

