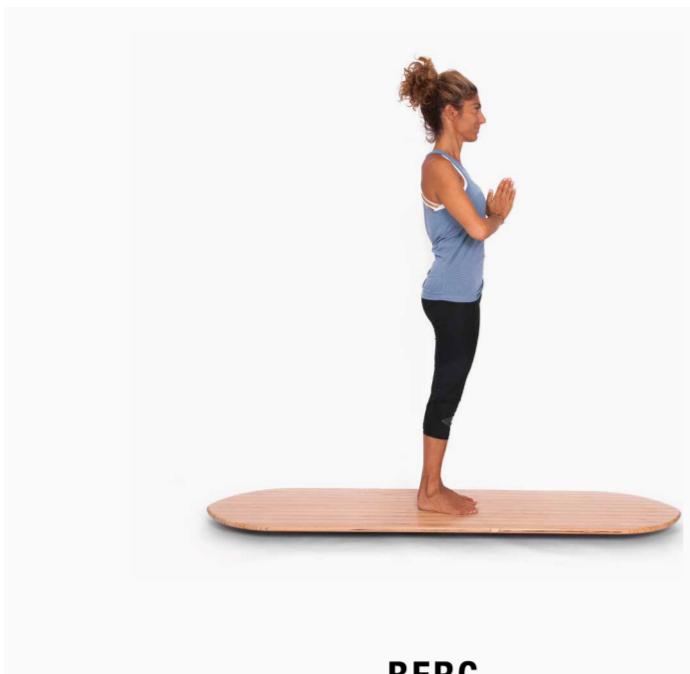


EXERCISES

Kraftvoller Flow im Stand



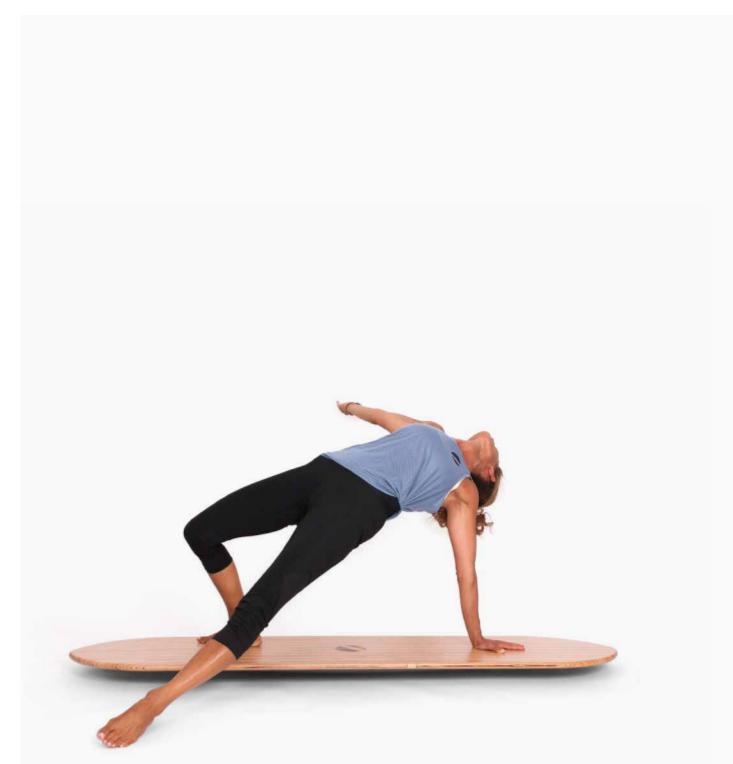
BERG



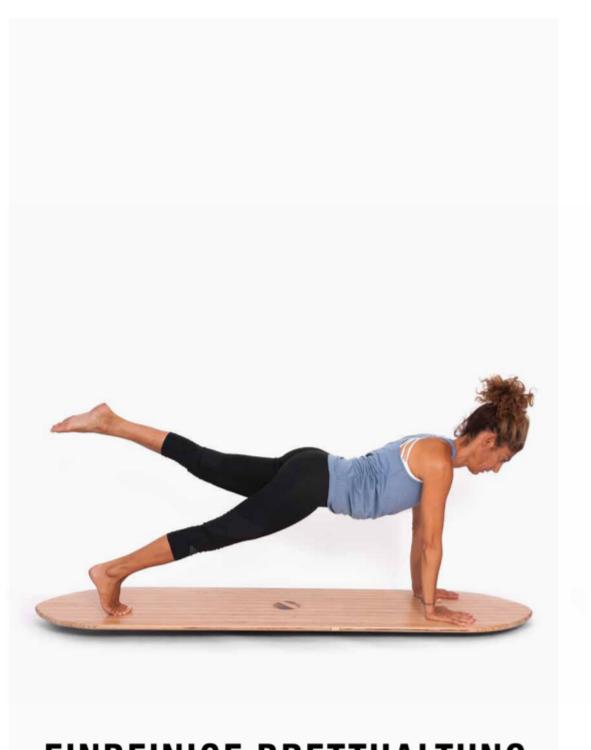
EINBEINSTAND



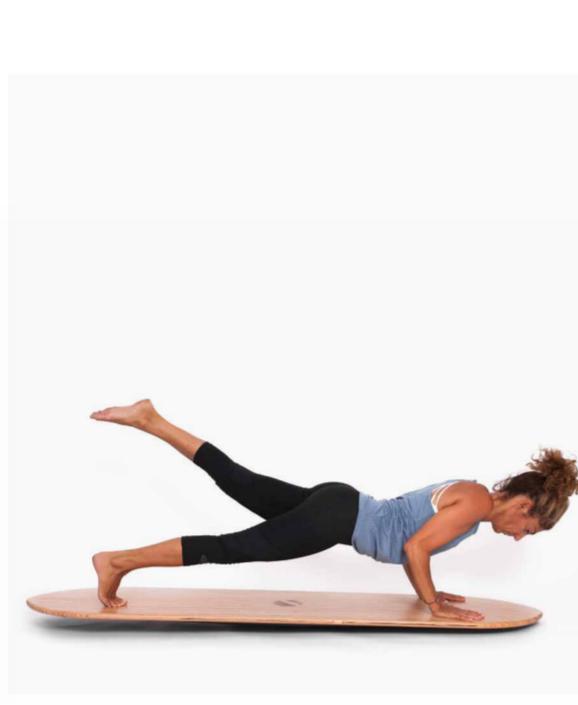
DREIBEINIGER HUND



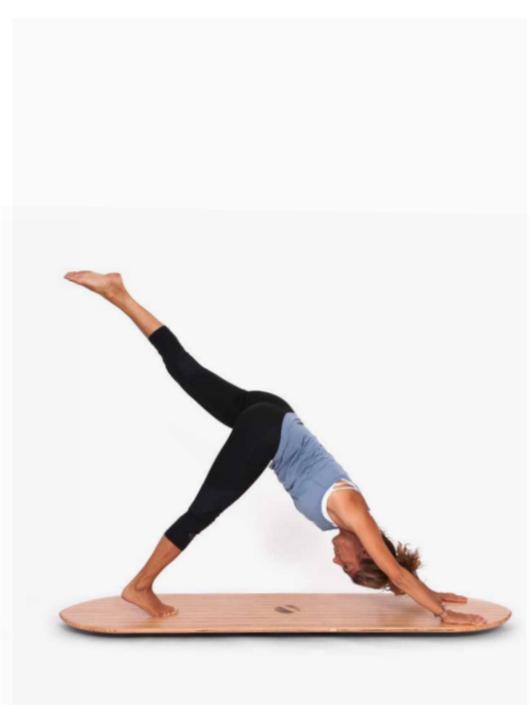
WILD THING



EINBEINIGE BRETHALTUNG



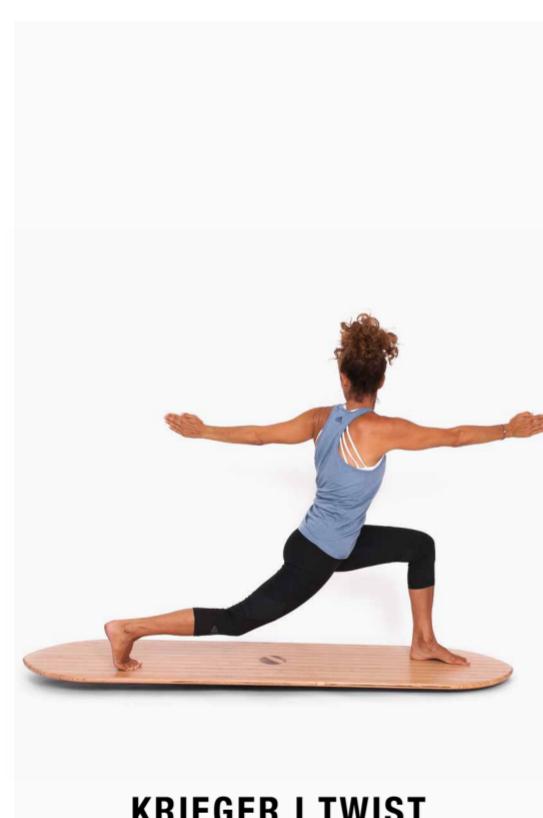
EINBEINIGE STABHALTUNG



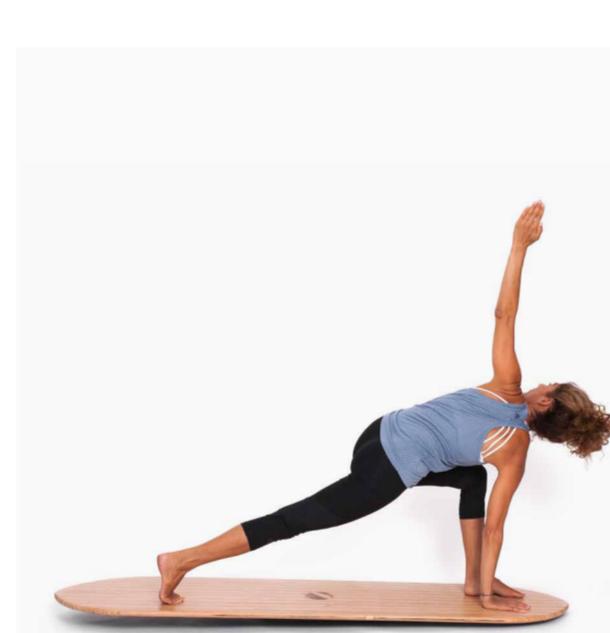
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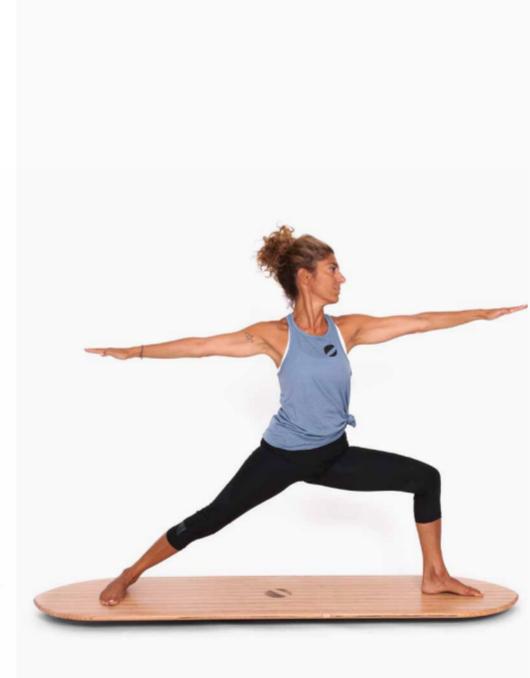
KRIEGER I



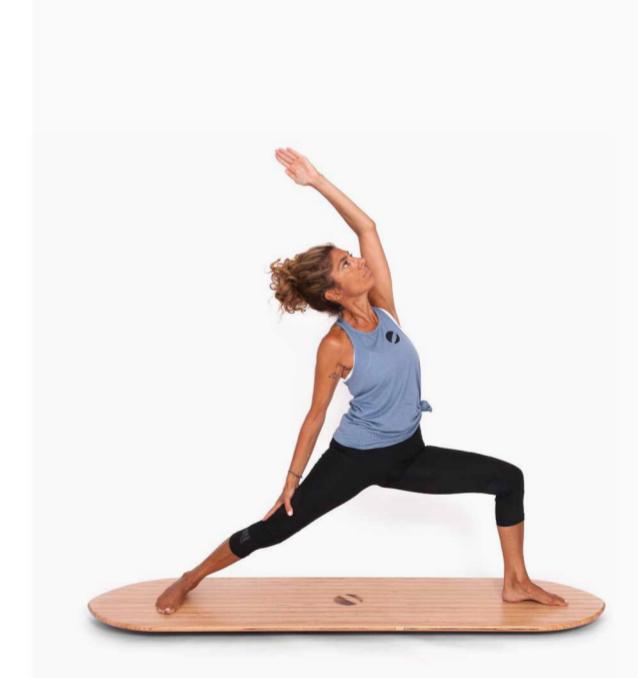
KRIEGER I TWIST



SEITLICH GEDREHTE WINKELHALTUNG



KRIEGER II



FRIEDVOLLER KRIEGER

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EXERCISES

Kraftvoller Flow



BERG



KRAFTVOLLE HALTUNG



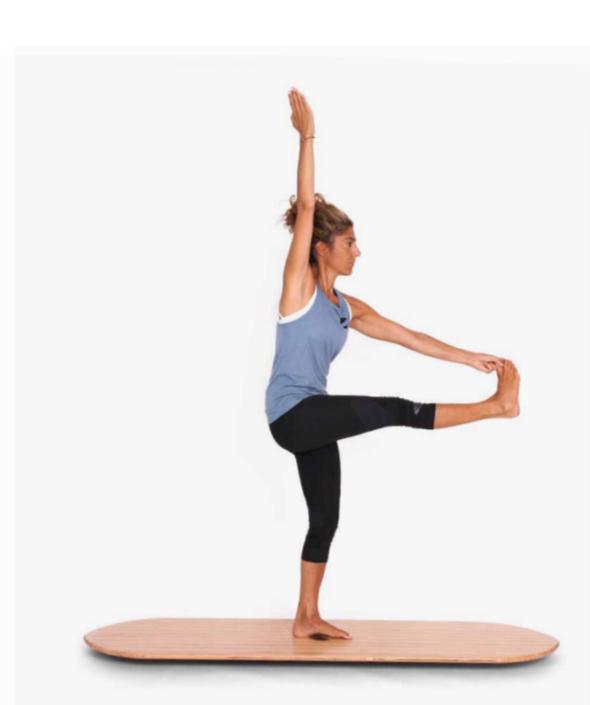
TEMPELSITZ SEITLICH



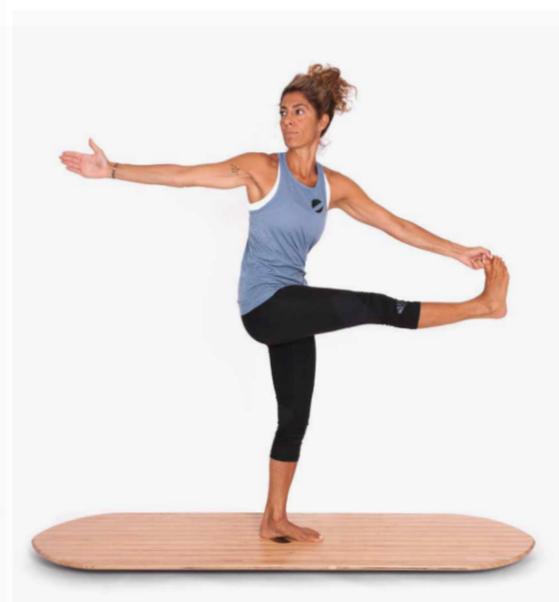
TEMPELSITZ FRONTAL



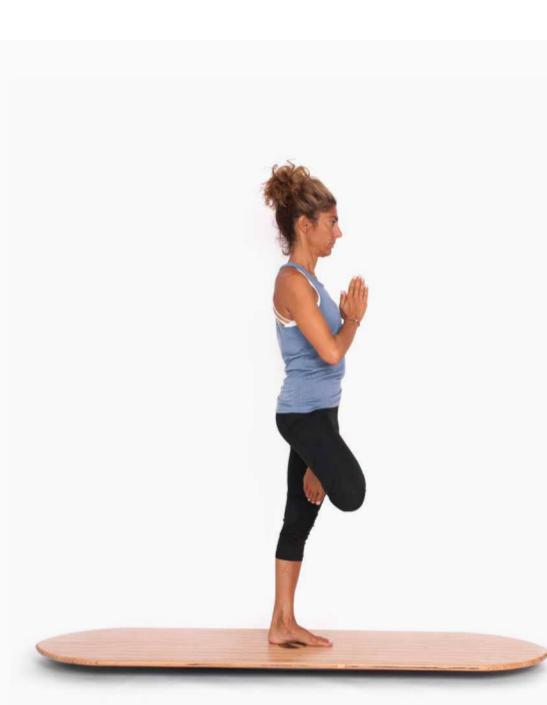
EINBEINSTAND



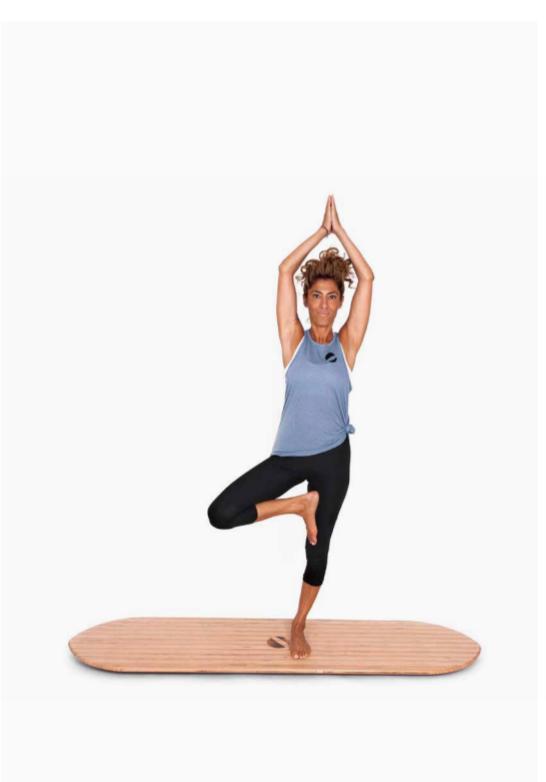
HAND-ZU-FUSSHALTUNG



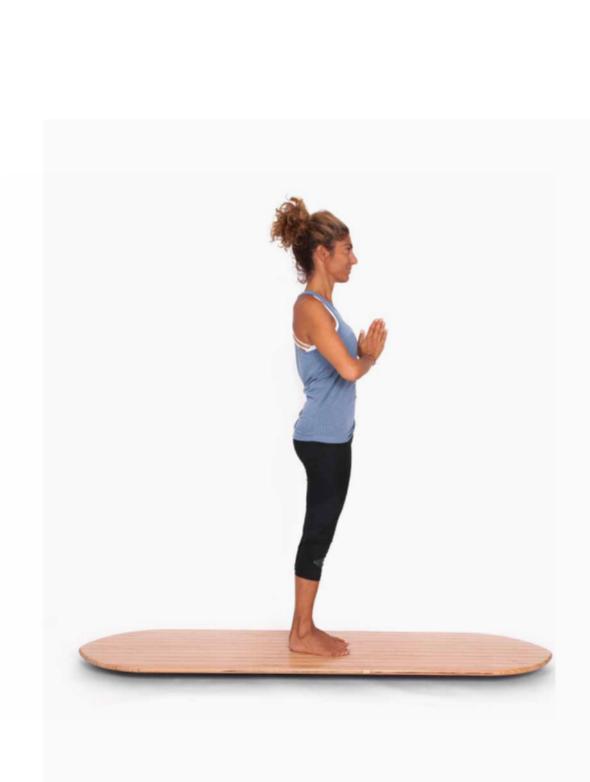
GEDREHTE HAND-ZU-FUSSHALTUNG



BAUM SEITLICH



BAUM FRONTAL



BERG



KRÄHE

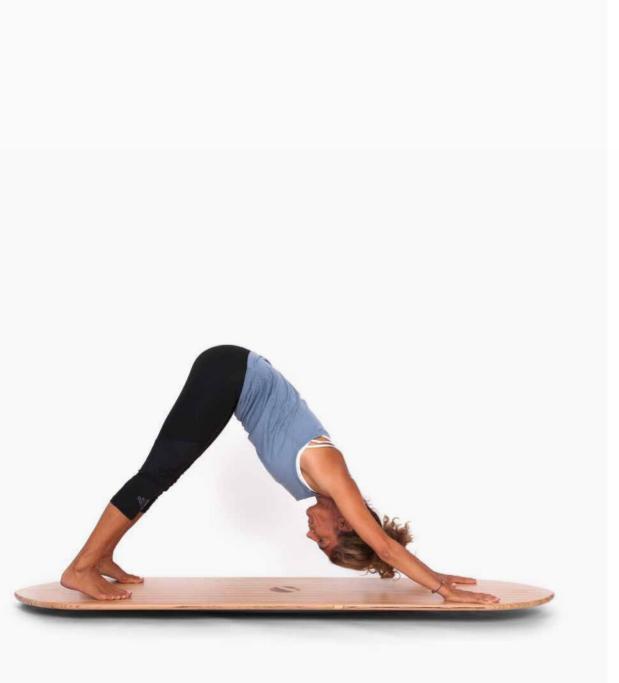


BRETT

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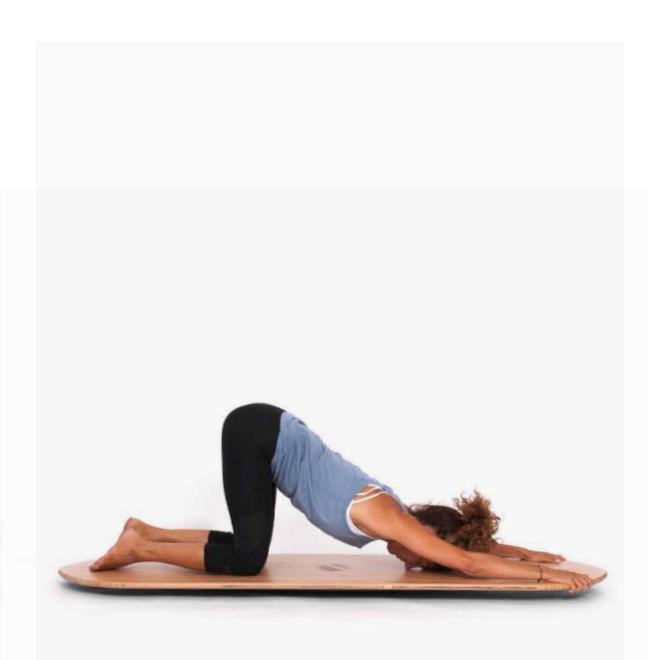
HERABSCHAUENDER HUND



HEUSCHRECKE VARIATION



KINDSHALTUNG



WELPENHALTUNG

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YOGABOARD

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EXERCISES

Yogaübungen in überwiegend sitzenden und liegenden Haltungen



LOTUS SITZ



HERABSCHAUENDER HUND



HERABSCHAUENDER HUND TWIST



KINDSHALTUNG



SCHULTERBRÜCKE



SCHULTERBRÜCKE MIT
GESTRECKTEM BEIN



BOOT



BOOT TWIST



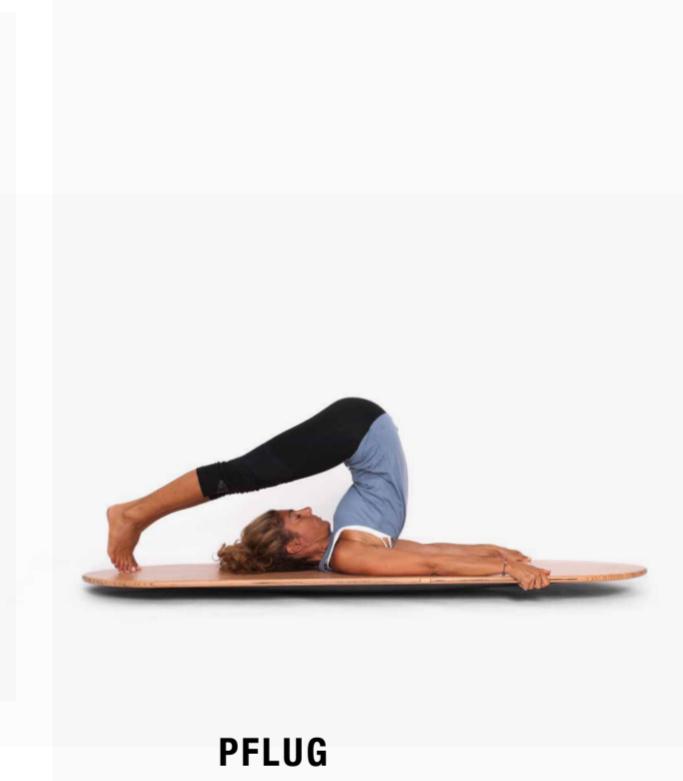
DREHSITZ



SITZENDE VORBEUGE



SCHULTERSTAND



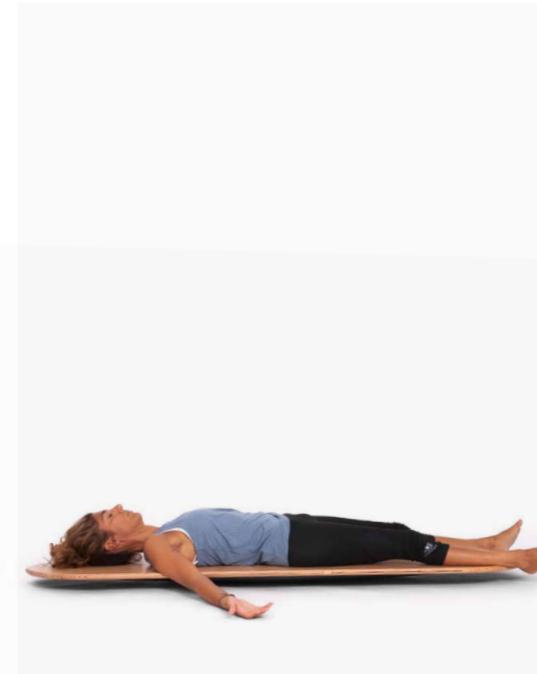
PFLUG



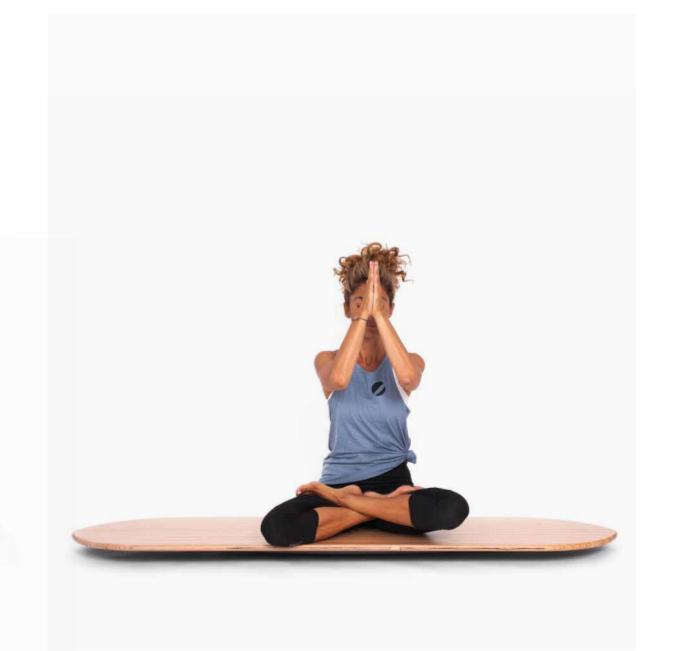
FISCH



KROKODIL



ENDENTSPANNUNGSHALTUNG



LOTUS SITZ MIT HÄNDEN
AN DIE STIRN

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EXERCISES

Klassicher Sonnengruß



BERG



STEHENDE RÜCKBEUGE



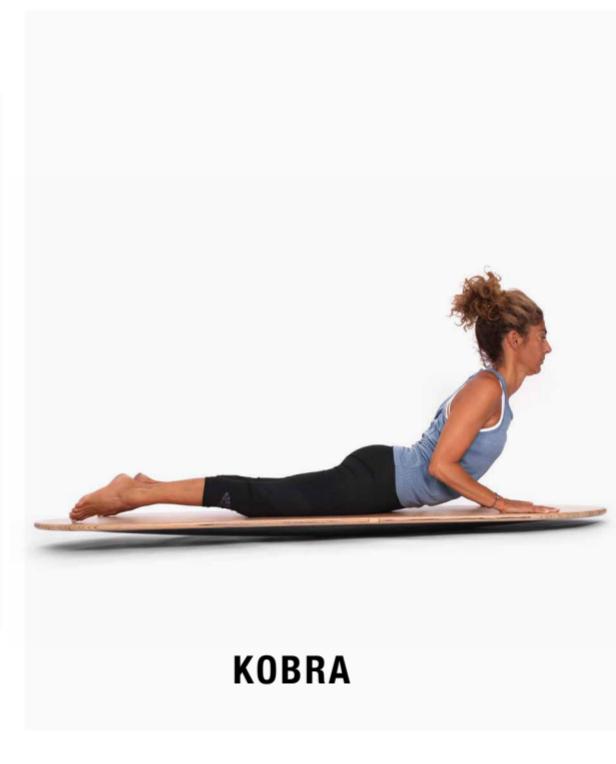
STEHENDE VORBEUGE



SPRINTER



BRETT



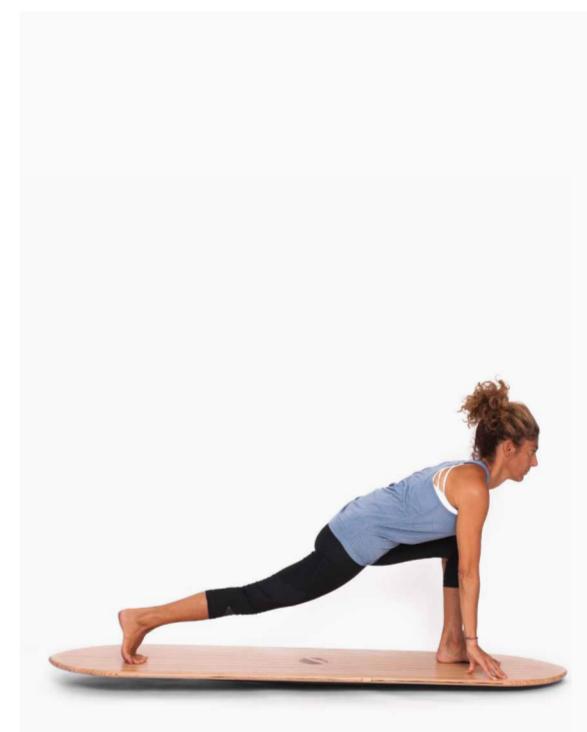
KOBRA



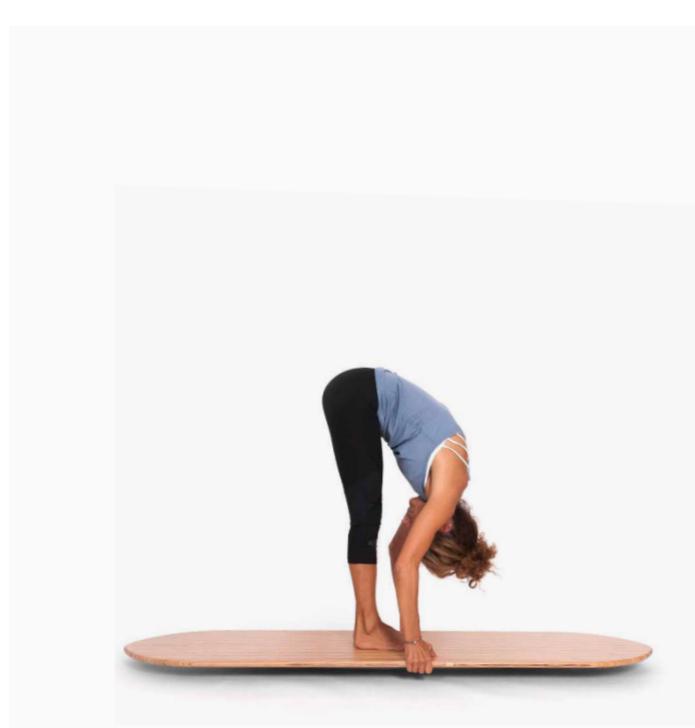
HERABSCHAUENDER HUND



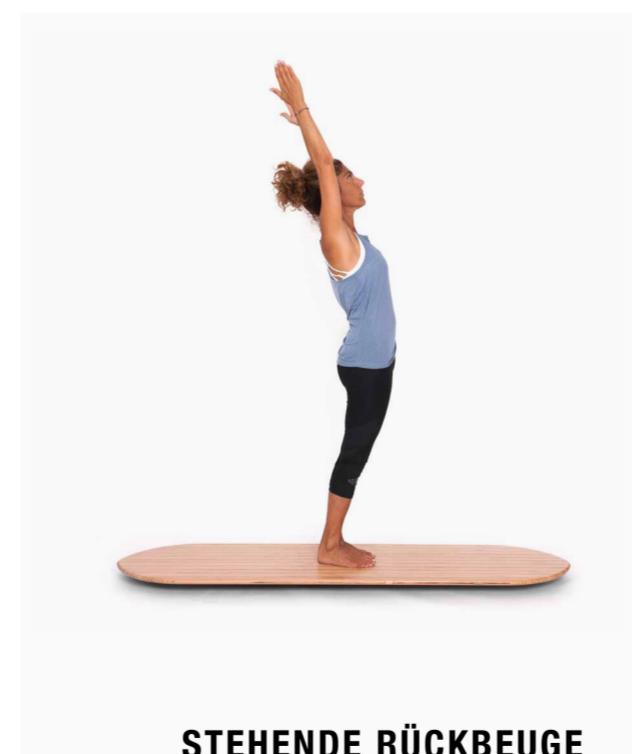
DREIBEINIGER HUND



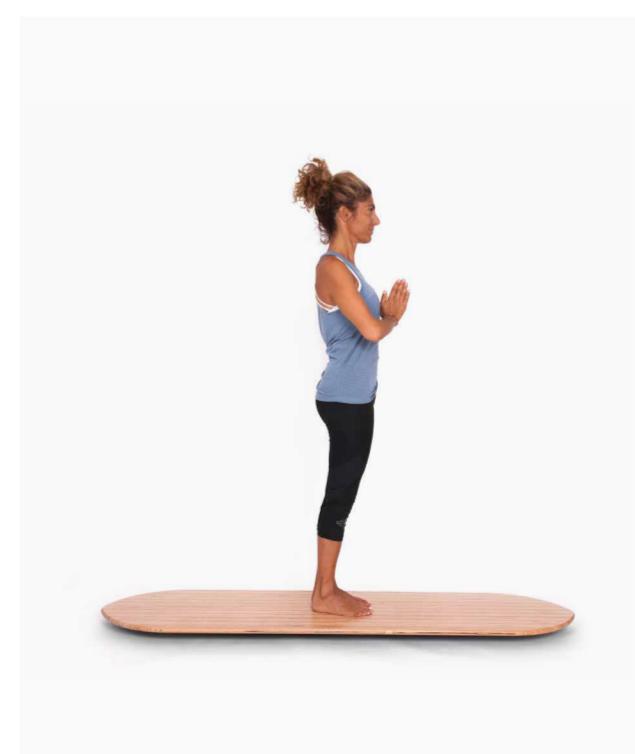
SPRINTER



STEHENDE VORBEUGE



STEHENDE RÜCKBEUGE



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