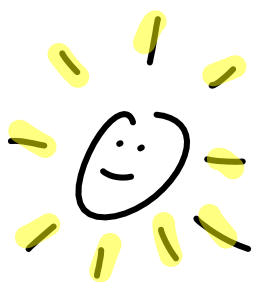


Übungsblatt

Anfängerkurs #4a/b
Feuer



Sonnengruße (beliebig)



4-Füßler Knie
in der Luft



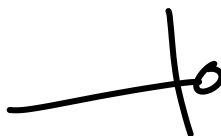
Stuhl



Specht



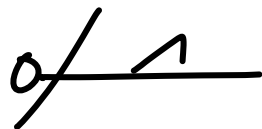
Boot



Seitstütz

oder

} 8-12 Atemzüge



Krokodil



Beinstreckung



Savasana