



~ im das, was Du tust, weil Du es tun willst ...
und tu es mit liebe!


♥  ankommen!

~  Urdasana

Pranayama



 EA

 AA


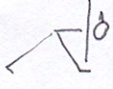
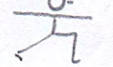
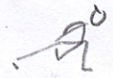
 EA



 AA ... wdh

♥  ...  ...  ← Uttanasana


Utkatasana →  ...  ... im Wechsel
Uttitha Trikonasana




♥  ...  im Wechsel ...



 ...  ...  ...  ...
n/ve

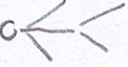

♥ Vrikshasana  ...  3 Min halten

Var. Shalabhasana

♥  10 x li ... 10 x re ... 3-10 x beide Beine → Ken Biki

♥   (halten) ... →  Archa Matsyendrasana

♥   Sarvangasana
→ Halasana

♥  shavasana  Meditation Herzblüte