

The Magic 6

Dauer: 6 Minuten
6 Asanas, je 10 Atemzüge



1. Adho Mukha
Svanasana



2. Uttanasana



3. Malasana



4. Parivrtta Sukha
Dandasana



5. Ardha
Matsyendrasana
Variation



6. Ardha
Purvottanasana