

Abschluss Modul Traditional

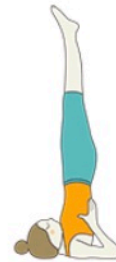
Dauer: 30 Minuten



1. Wheel Pose



2. Seated Forward Bend
Pose



3. Shoulderstand Pose



4. Plough Pose



5. Ear Pressure Pose



6. Upward Lotus Pose



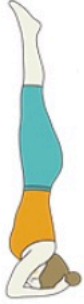
7. Embryo Pose in
Shoulder Stand



8. Fish Pose Variation
Lotus



9. Raised Legs Pose



10. Headstand Pose



11. Upward Facing Staff
Pose



12. Child Pose



13. Bound Lotus Pose



14. Psychic Union Pose
Variation



15. Lotus Pose Chin
Mudra Jalandhara
Bandha



16. Scale Pose



17. Corpse Pose (IRT)