

Kurmasana Tittibhasana Modul

Dauer: 8 Minuten



1. Shoulder Press Pose Variation B



2. Tortoise Pose



3. Reclining Turtle Pose



4. Tittibhasana C



5. Yoga Nidrasana



6. Tittibhasana A



7. Tittibhasana B



8. Firefly Pose Variation