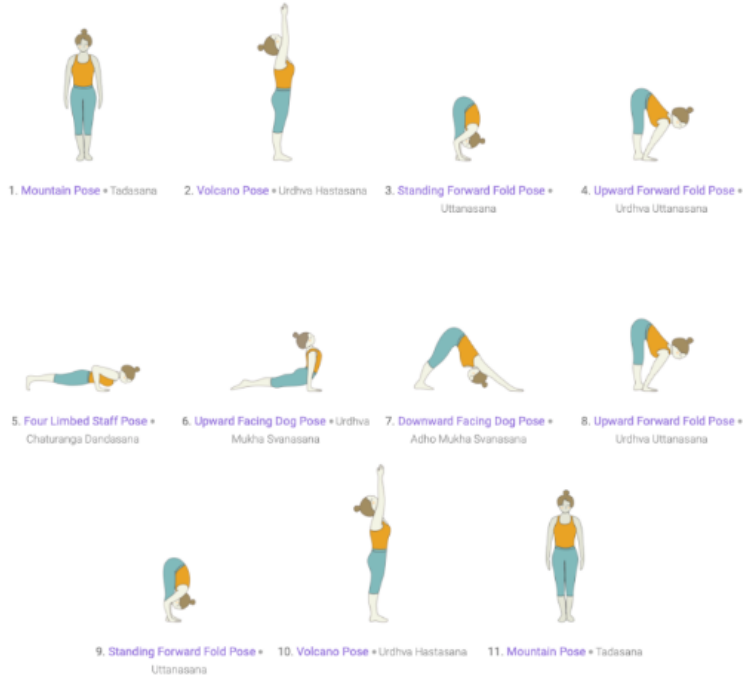


Sequenz Root Module Yoga Praxis 40 Minuten

3X



2X





Padangusthasana



Uttanasana Variation Hands Under Feet Pose



Utthita Trikonasana



Parivrtta Trikonasana



Utthita Parsvakonasana



Parivrtta Parsvakonasana Namaste Hands



Prasarita Padottanasana



Prasarita Padottanasana C



Prasarita Padottanasana D



Parsvottanasana



Baddha Konasana



Sahaja Vakrasana



Ardha Matsyendrasana Variation Hand Up



Setubandha Sarvangasana



Urdhva Dhanurasana



Ananda Balasana



Paschimottasana



Viparita Karani



Sarvangasana



Halasana



Karnapidasana



Matsyasana



Savasana