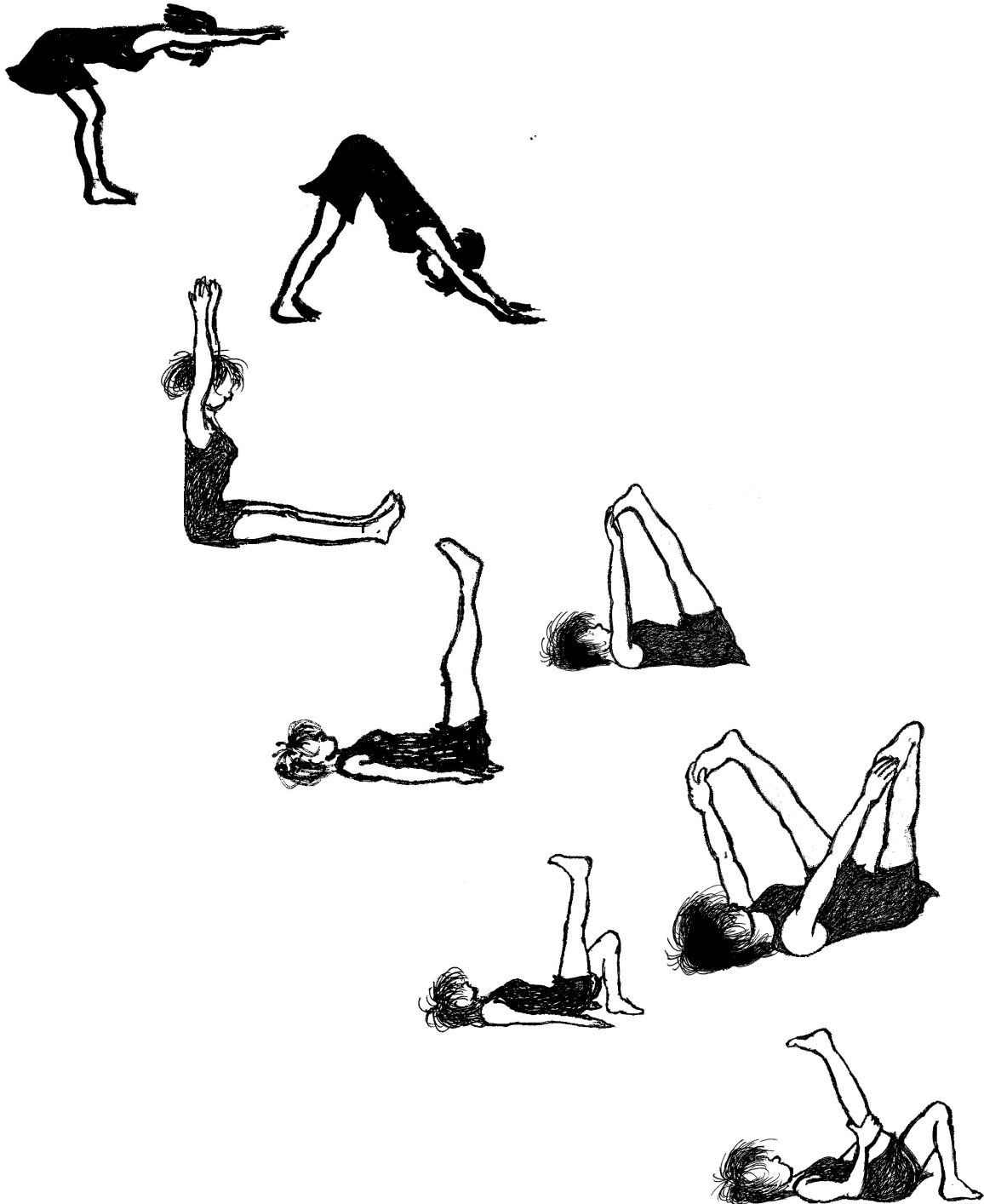


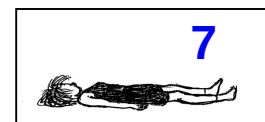
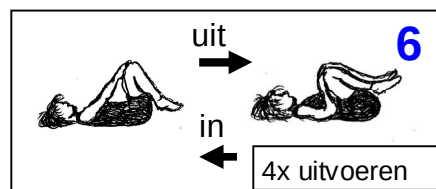
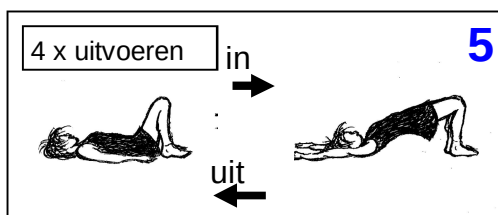
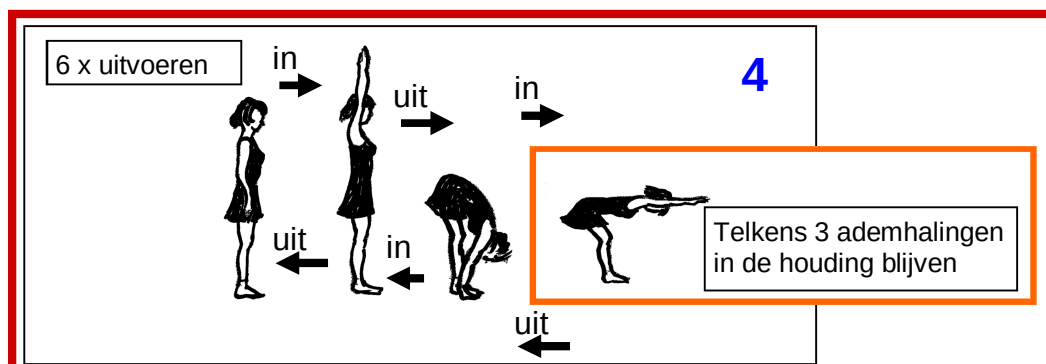
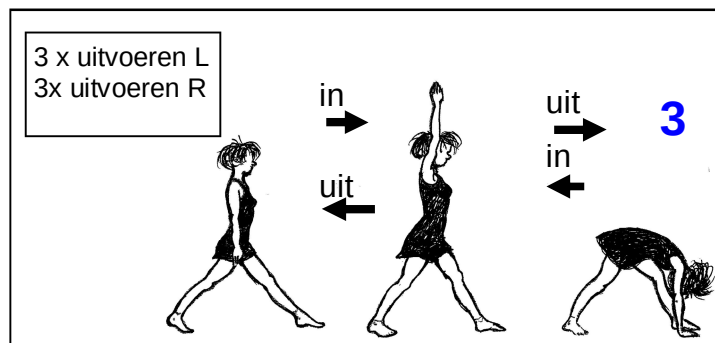
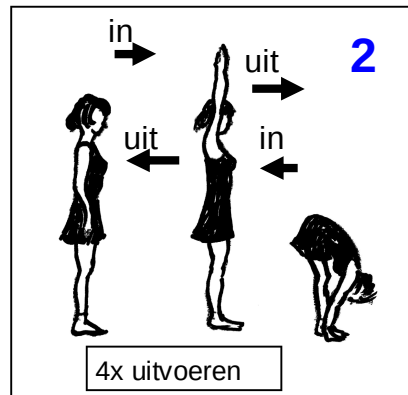
Korte reeksen

(25 min)

Vinyasas naar belangrijke danda-asanas

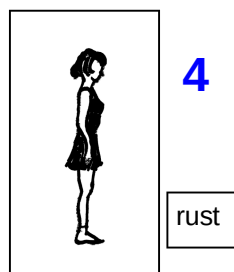
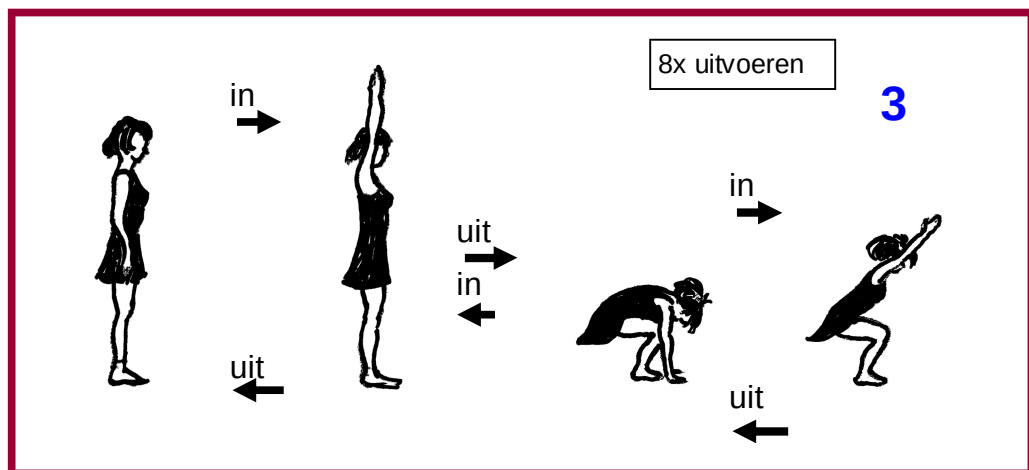
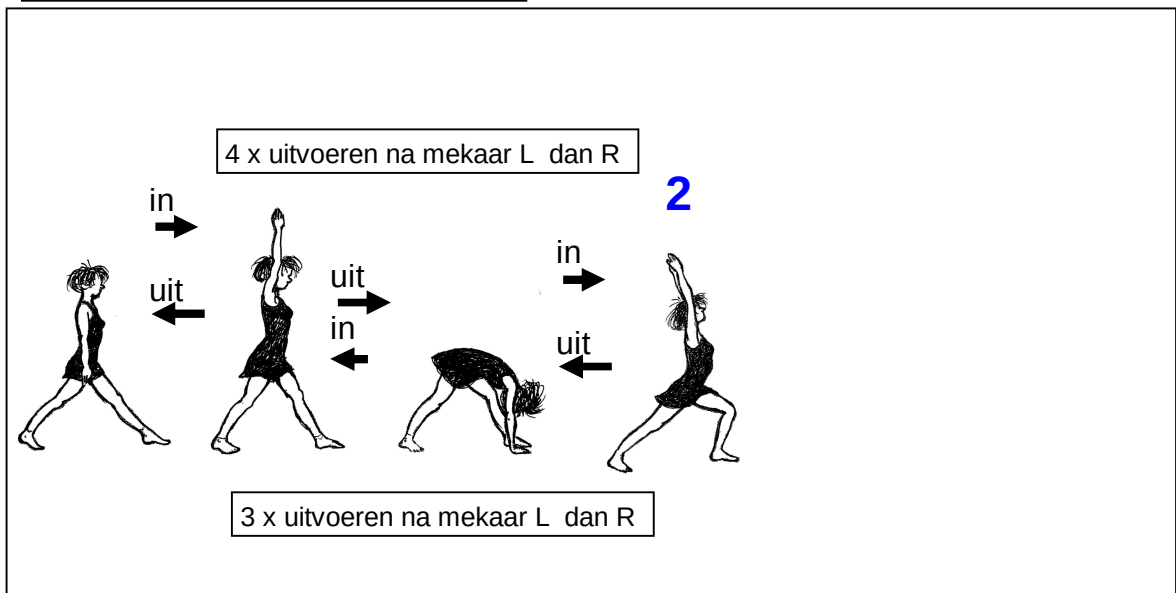
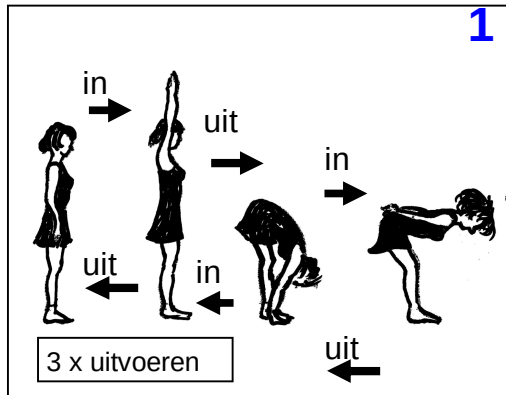


Korte reeks naar ardha uttanasana

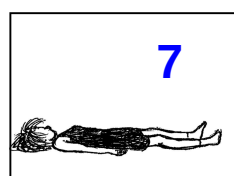
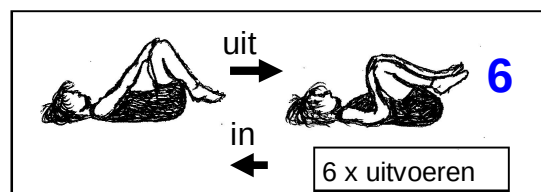
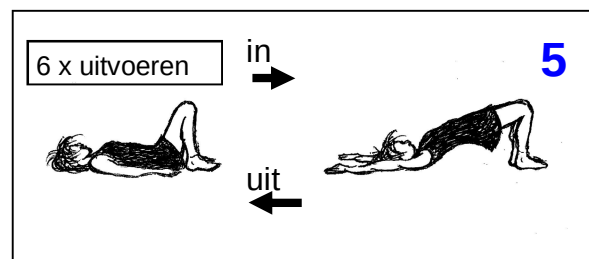
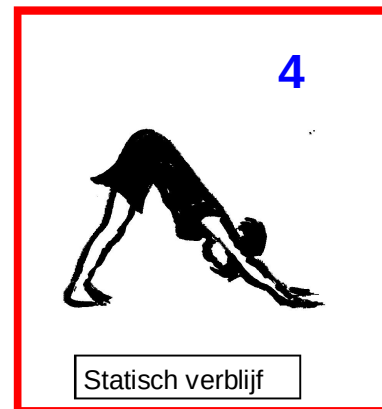
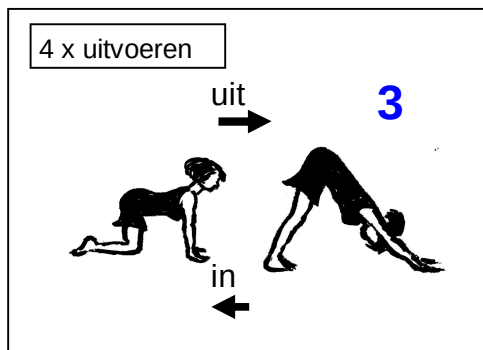
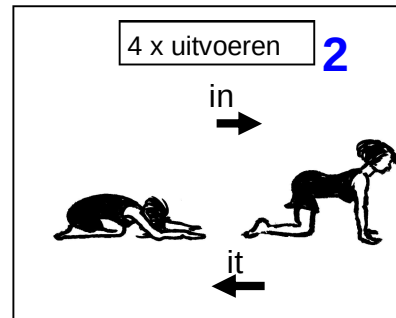
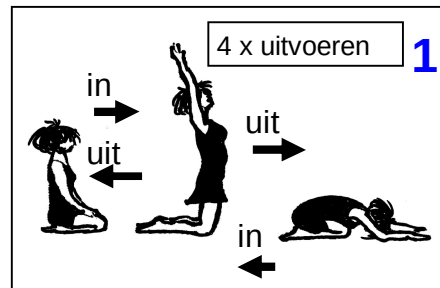




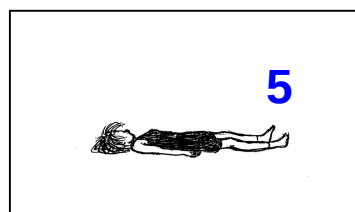
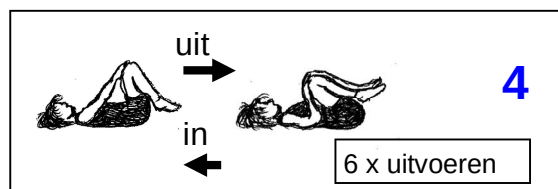
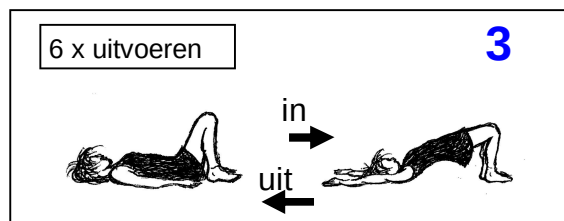
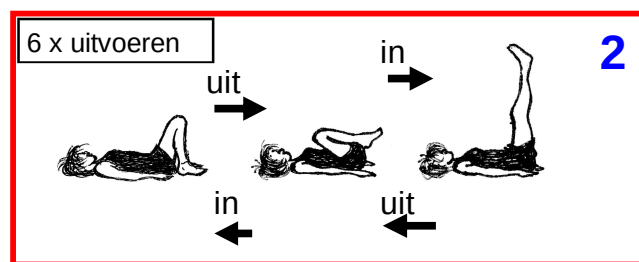
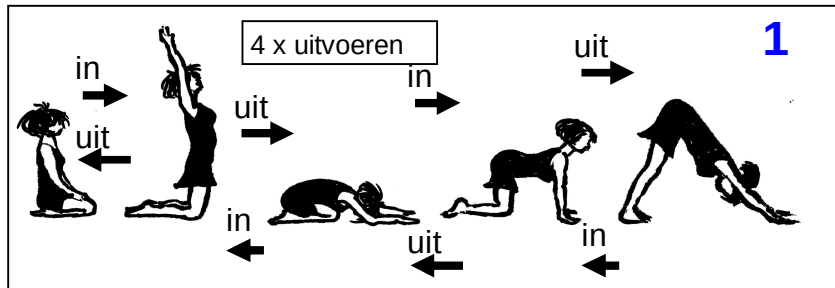
Korte reeks naar utkatasana



Korte reeks naar adho mukha shwanasana



Korte reeks naar urdhva prasrita padasana



Korte reeks naar dandasana

