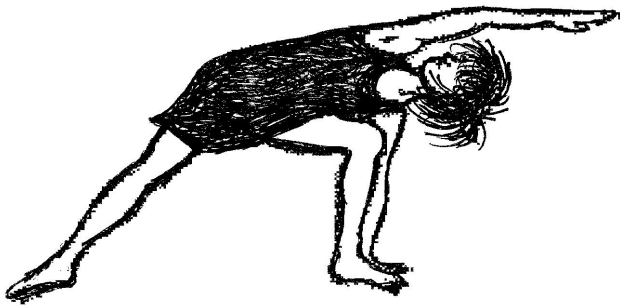


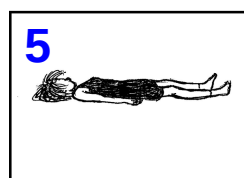
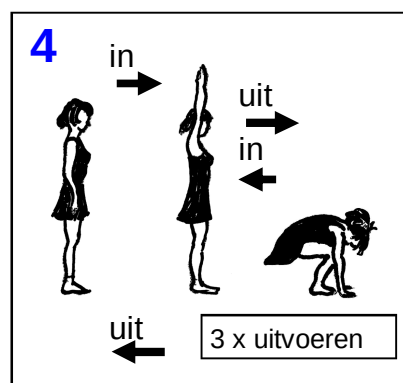
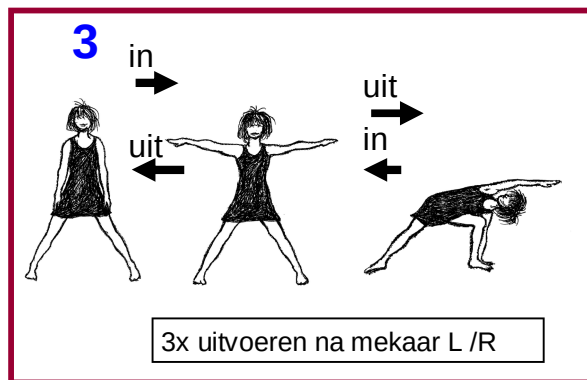
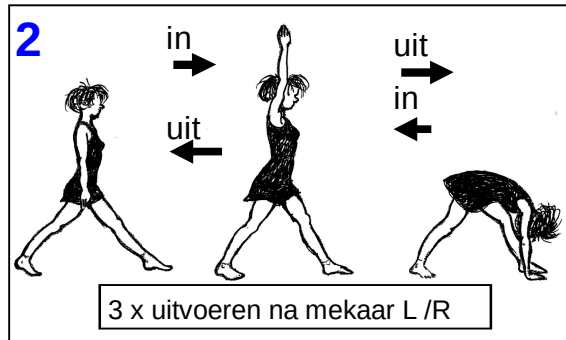
Korte reeksen

(25 min)

Vinyasas met Parshva-asanas



Korte reeks naar parshvakonasana





Korte reeks naar
parighasana

