

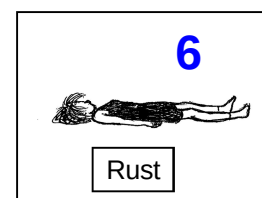
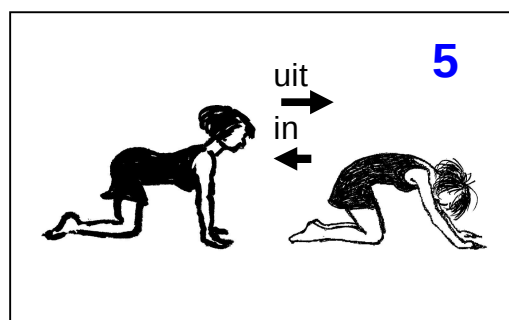
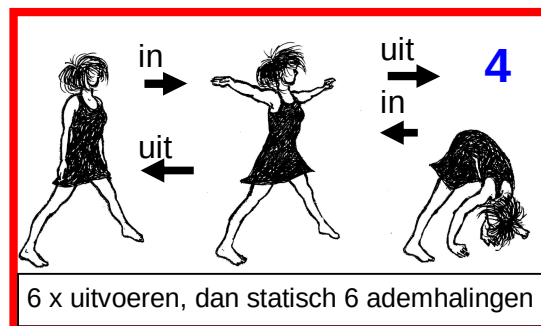
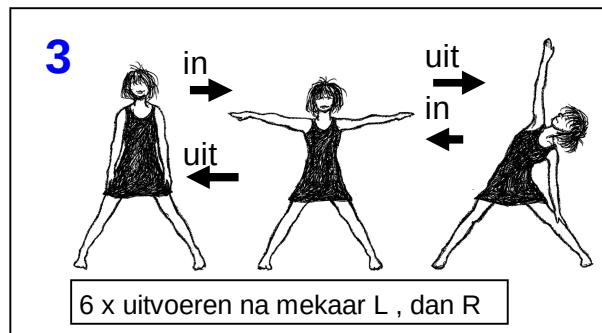
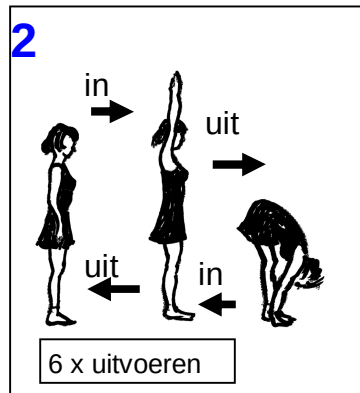
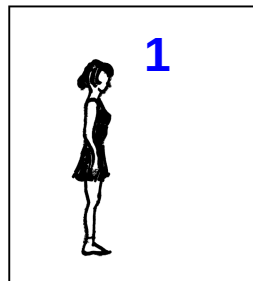
Korte reeksen

(25 min)

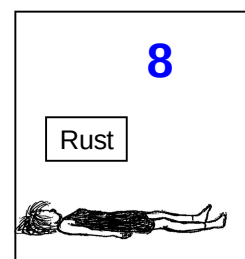
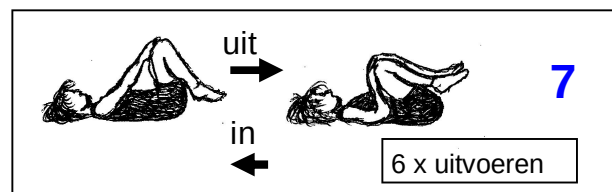
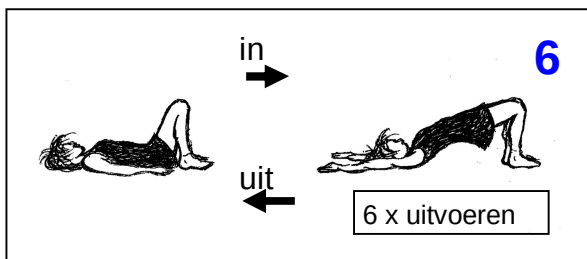
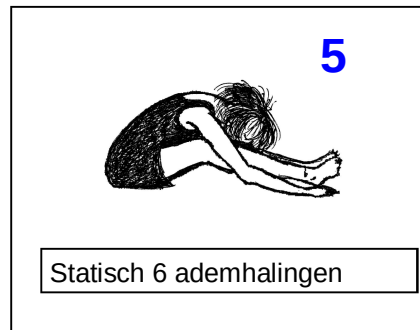
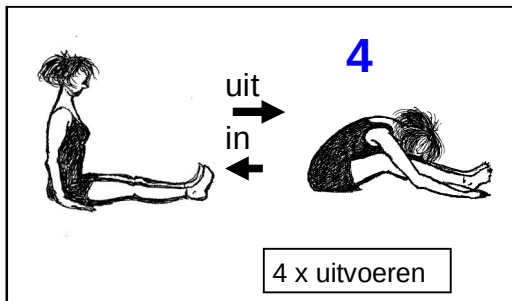
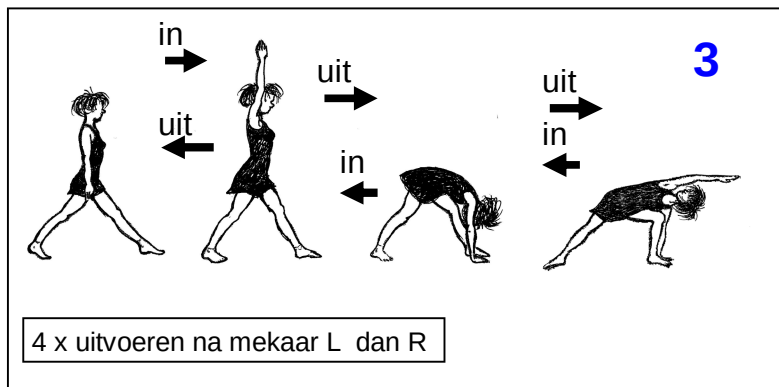
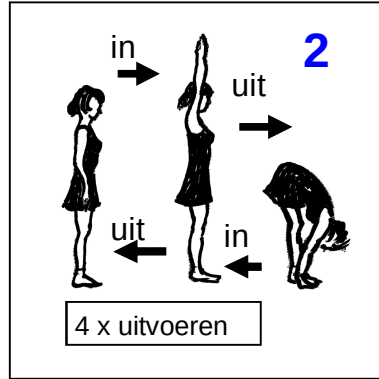
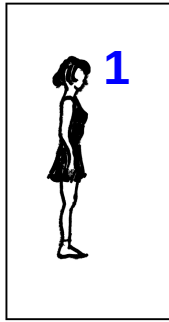
Vinyasas met Pashcimatta-asanas



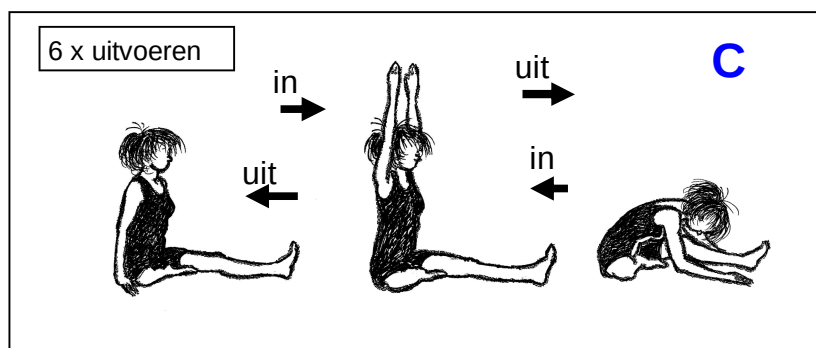
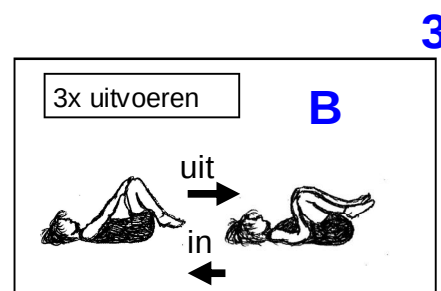
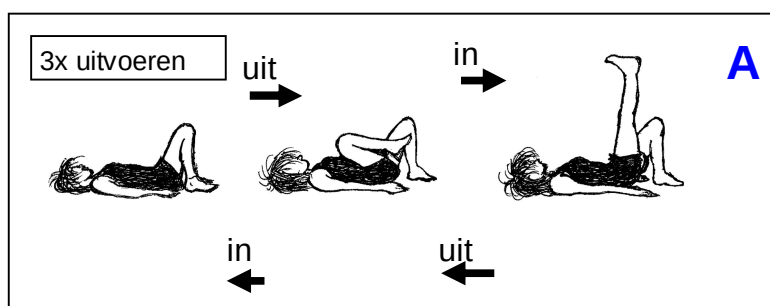
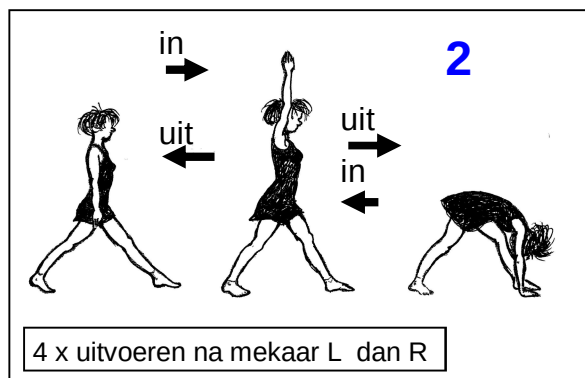
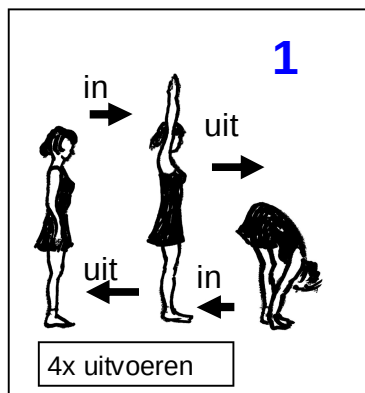
Korte reeks naar padottanasan



Korte reeks naar pashcimatanasana



Korte reeks naar janushirsasana



A, B, C eerst in de ene richting uitvoeren, daarna in de andere richting

