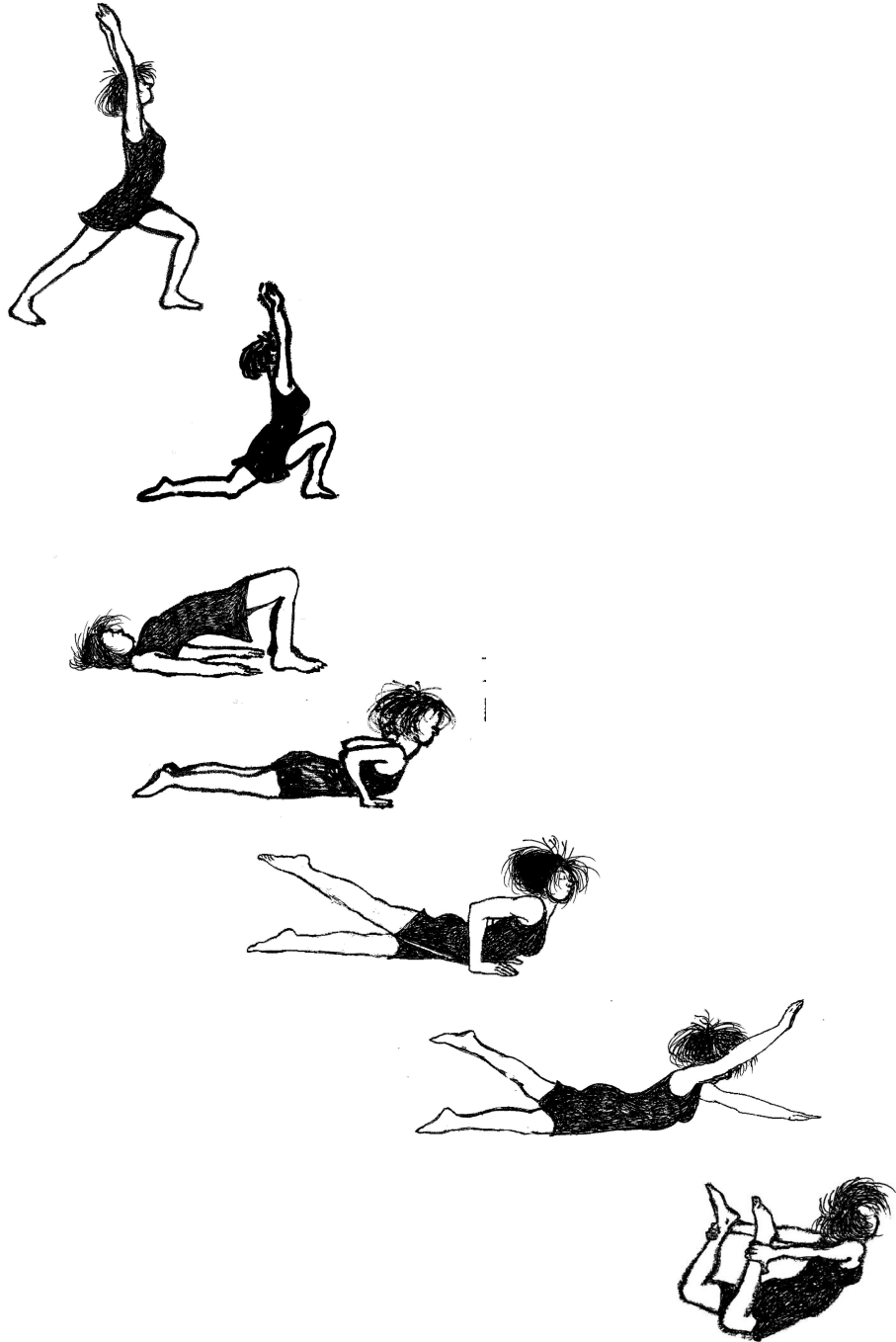


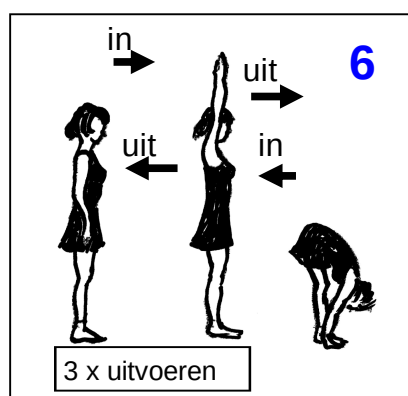
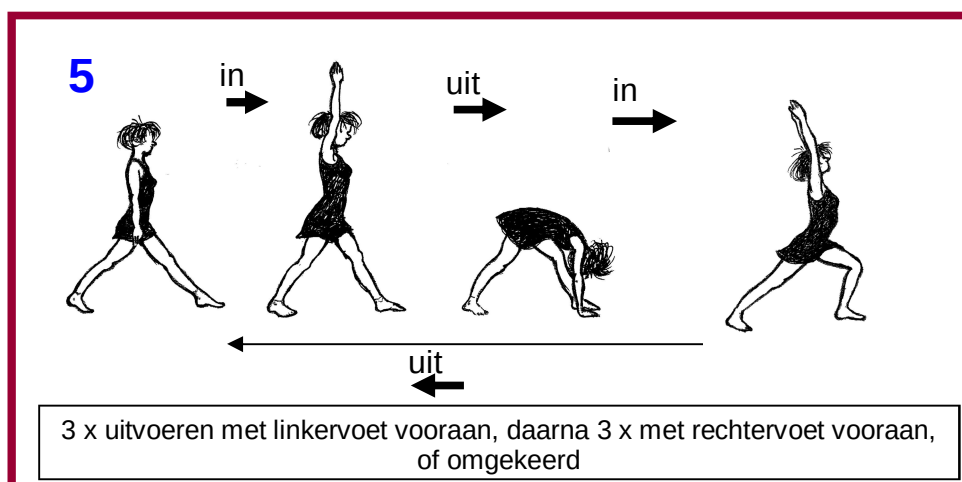
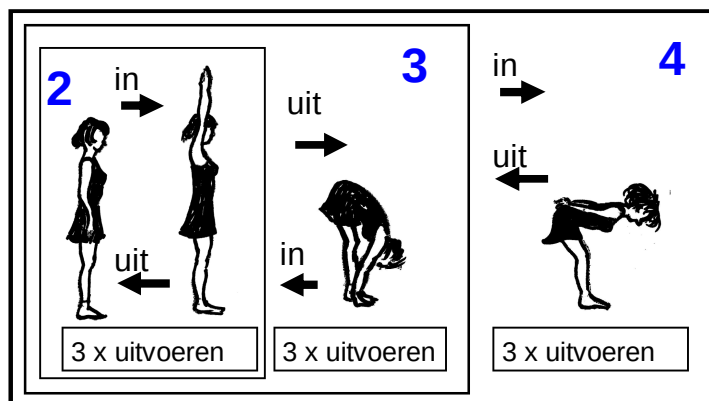
Korte reeksen

(25 min)

Vinyasas met Purvatta-asanas

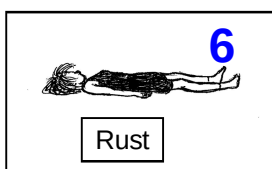
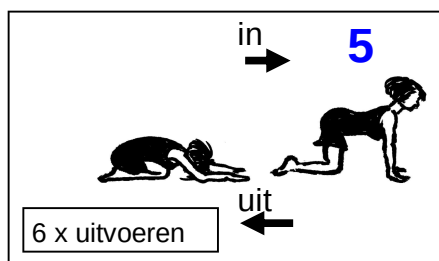
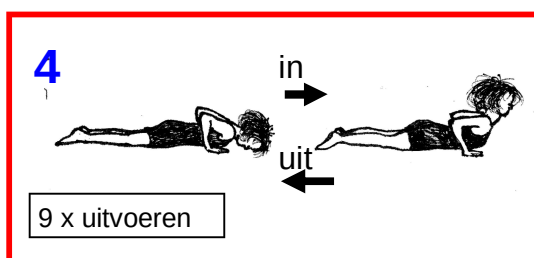
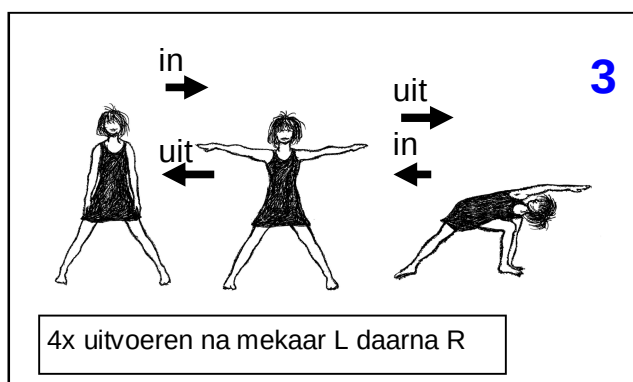
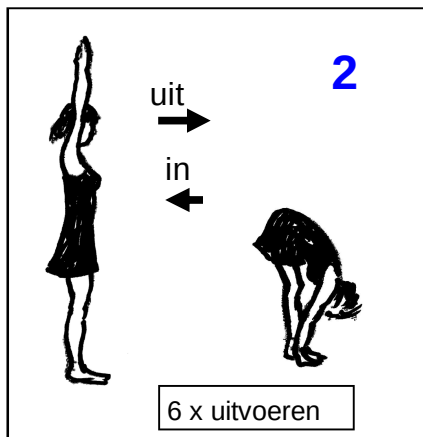


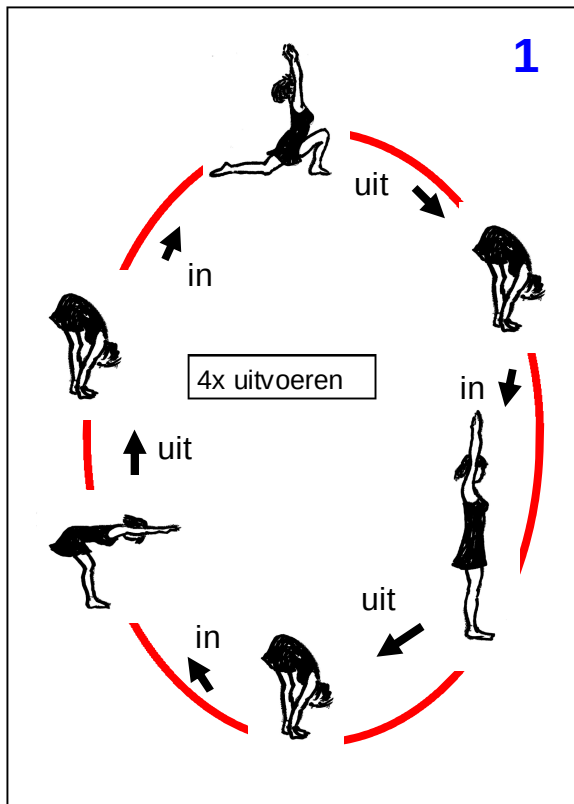
Korte reeks naar virabhadrasana



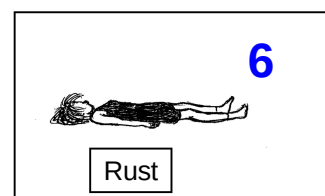
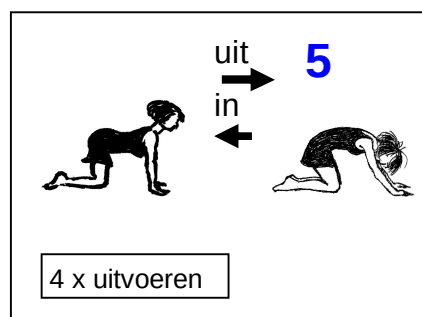
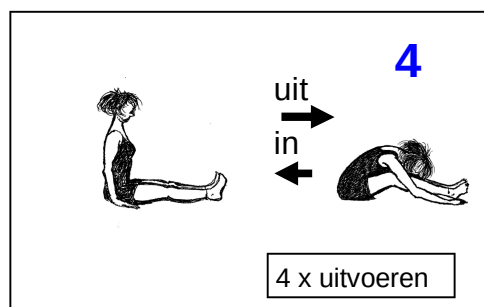
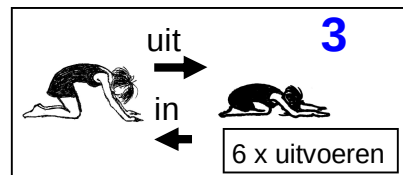
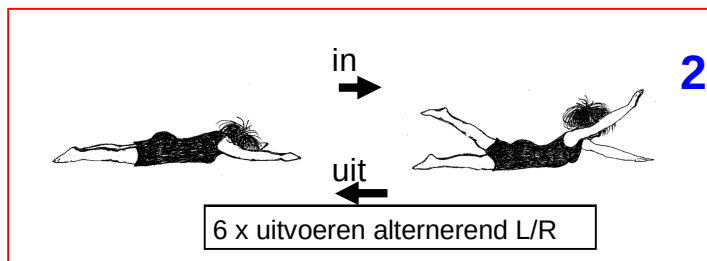


Korte reeks naar bhujangasana

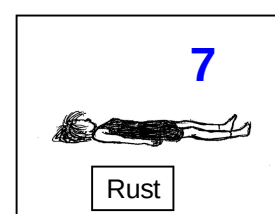
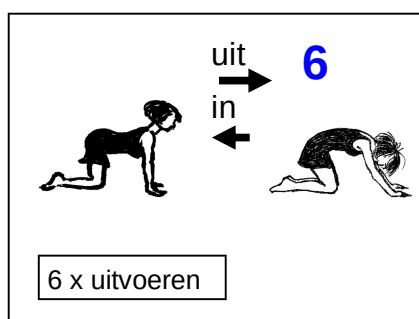
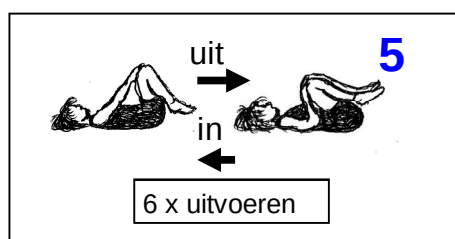
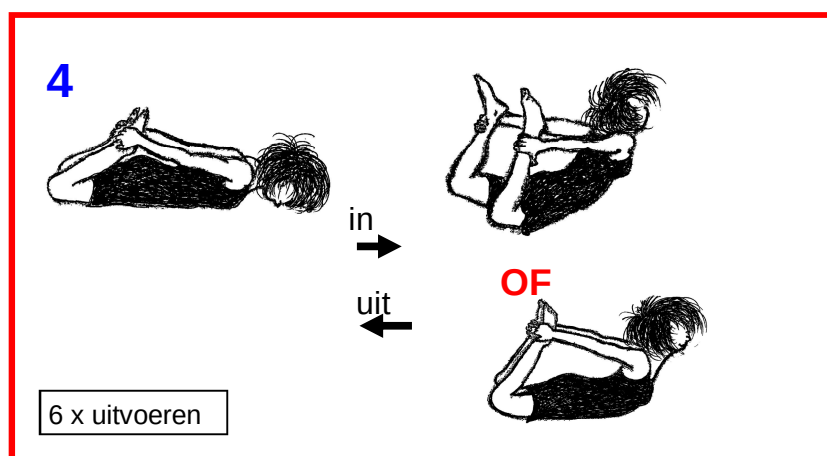
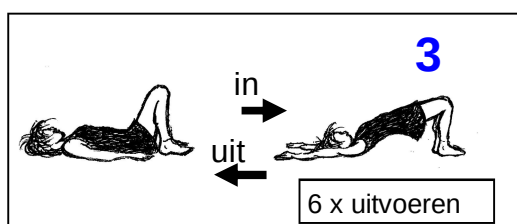
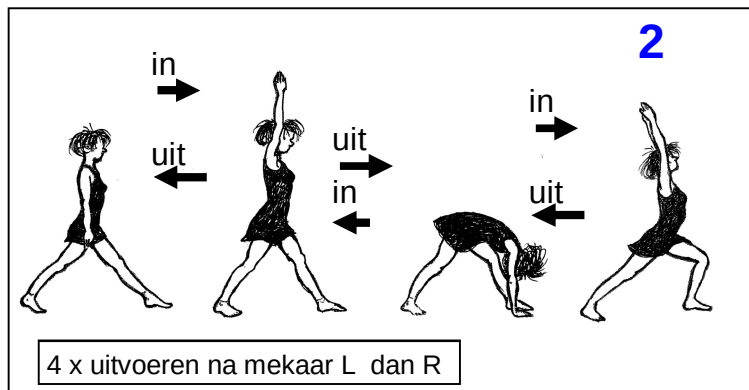




Korte reeks naar
shalabasana



Korte reeks naar dhanurasana



Korte reeks naar Godhapitham

