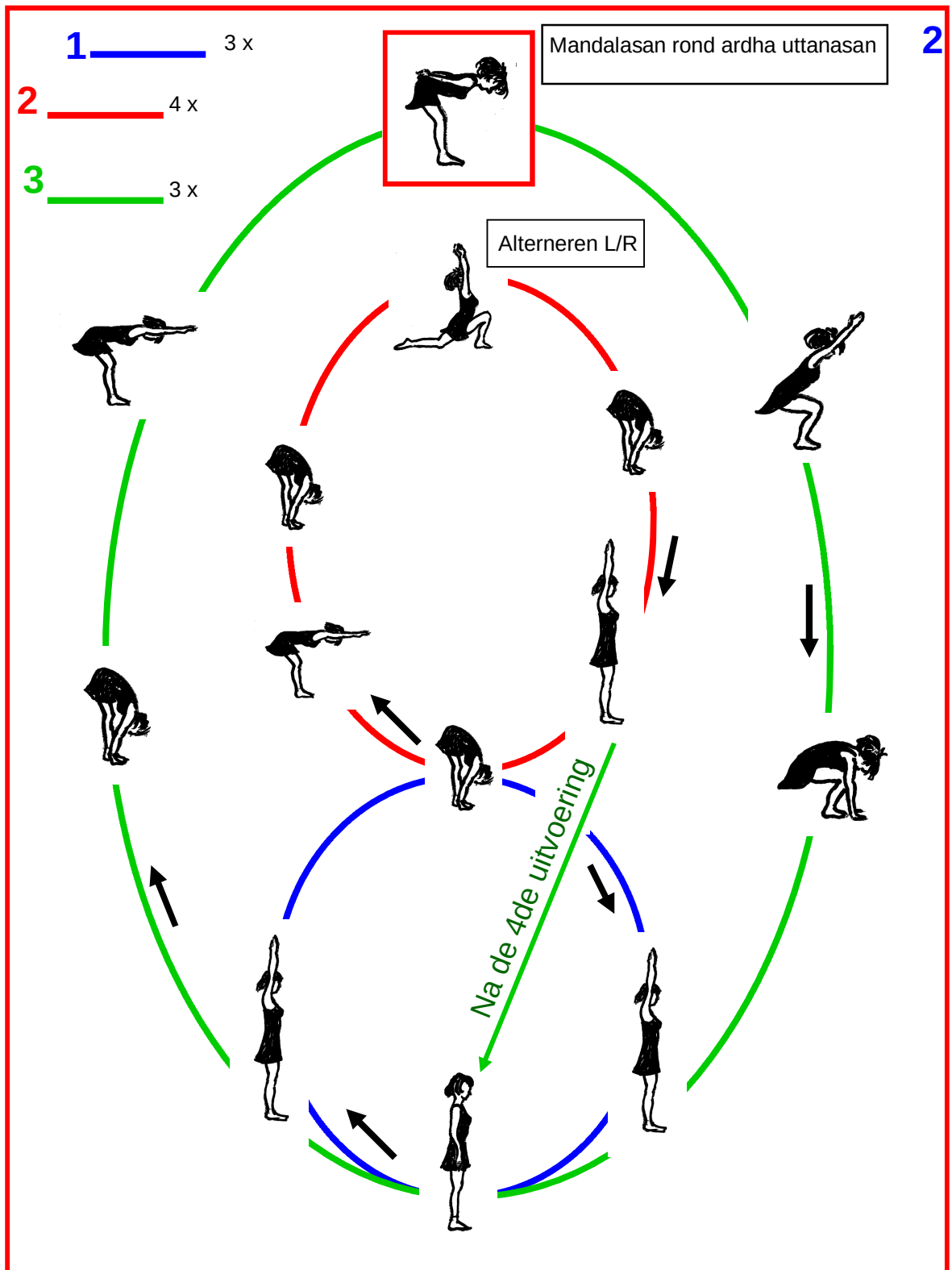
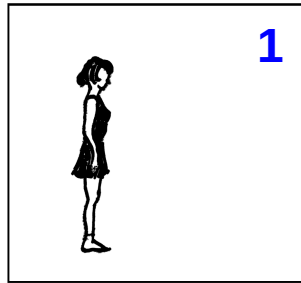
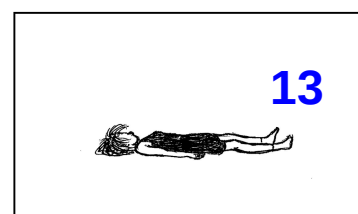
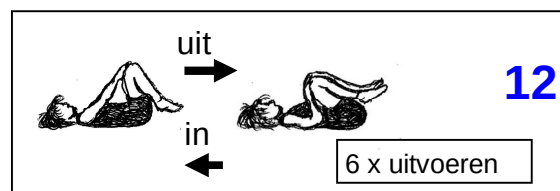
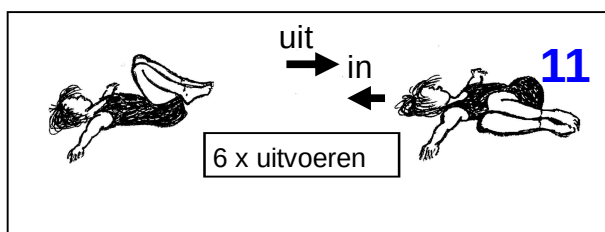
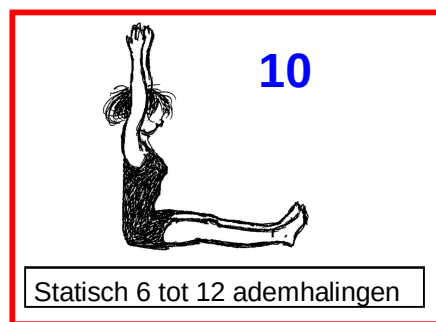
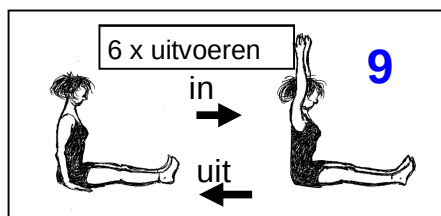
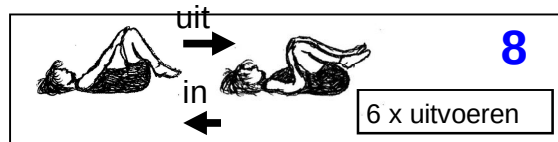
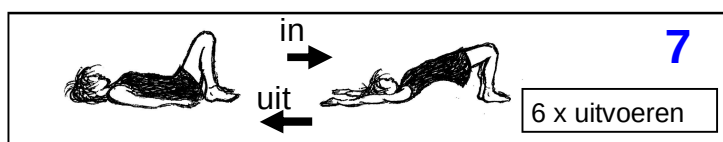
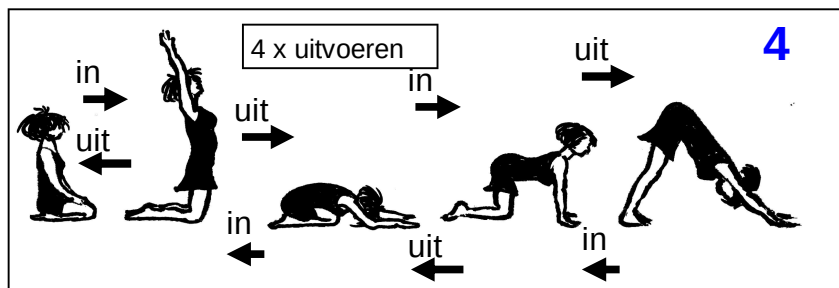
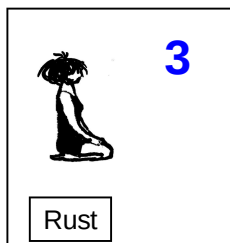


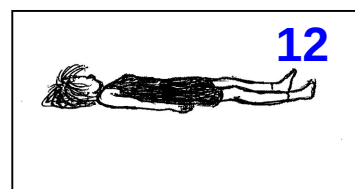
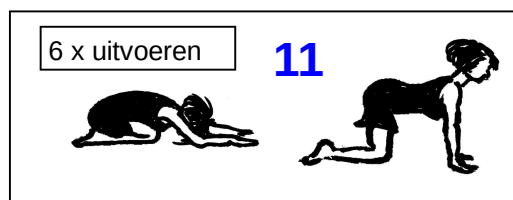
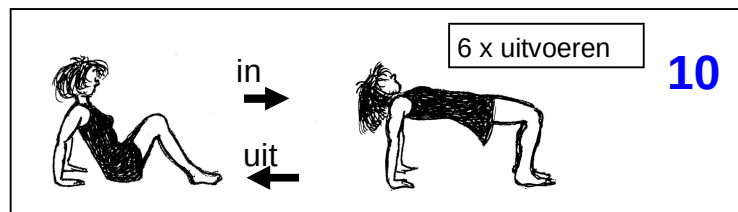
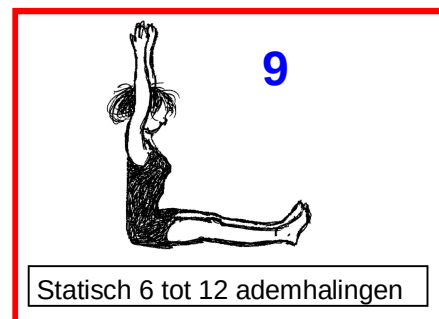
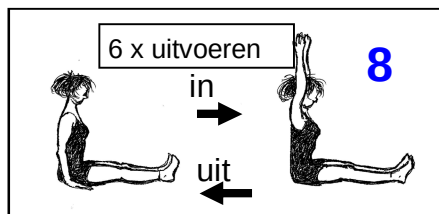
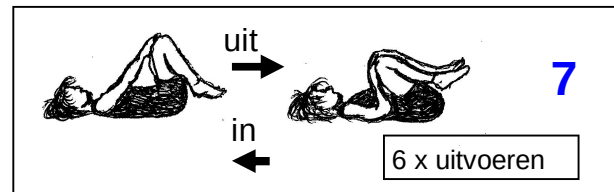
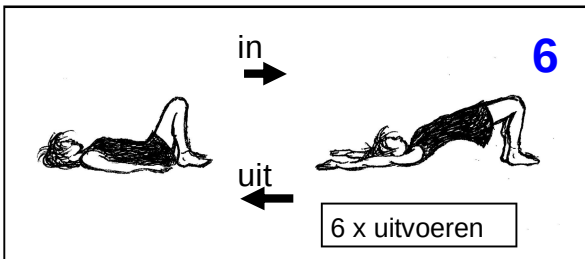
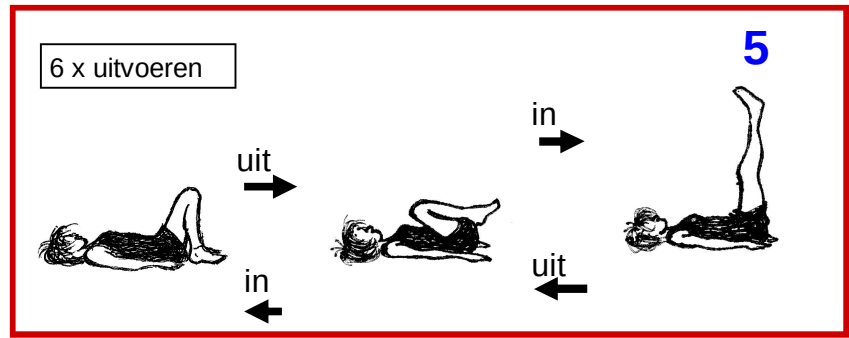
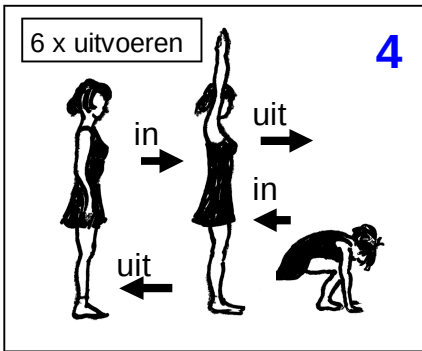
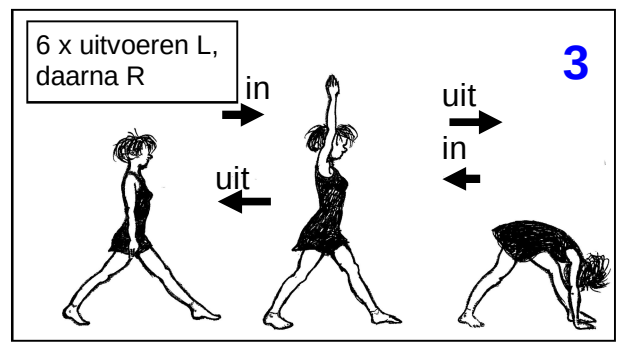
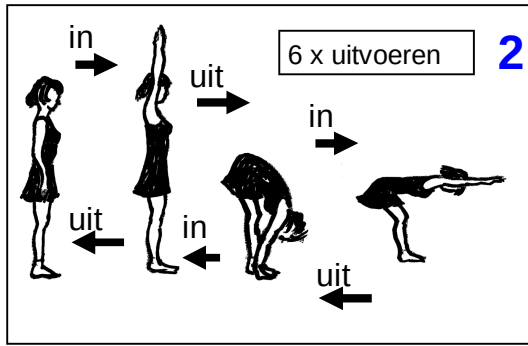
45' danda

Een vinyasa met de aanwezigheid van de drie danda-asanas.

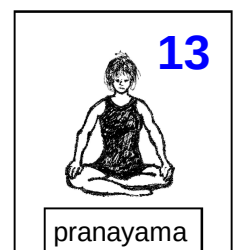
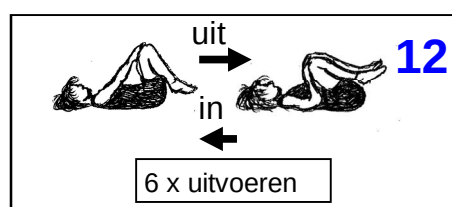
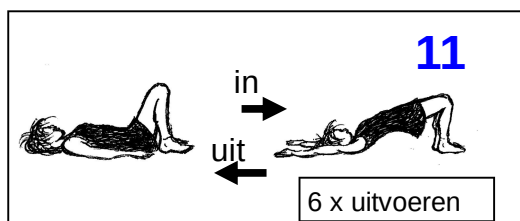
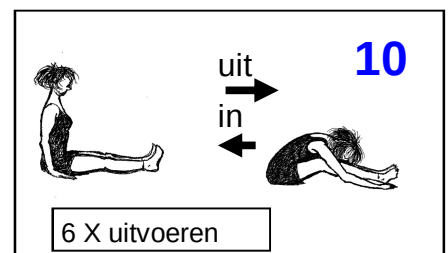
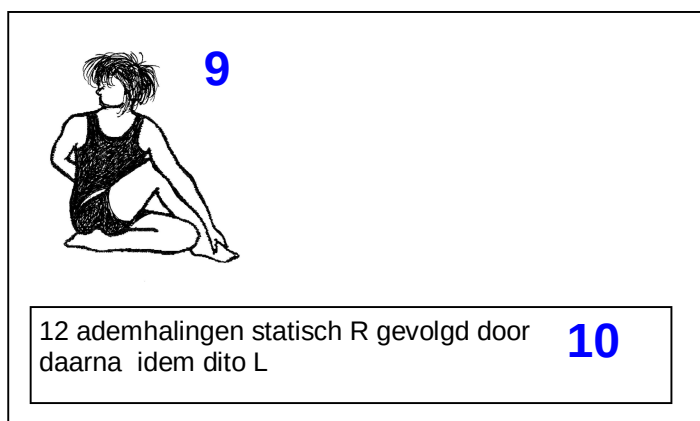
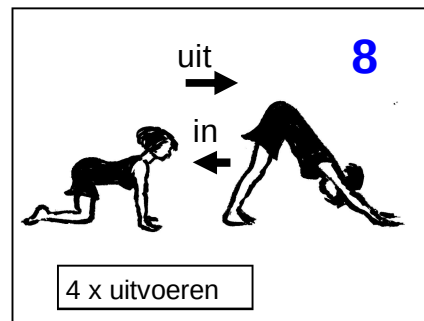
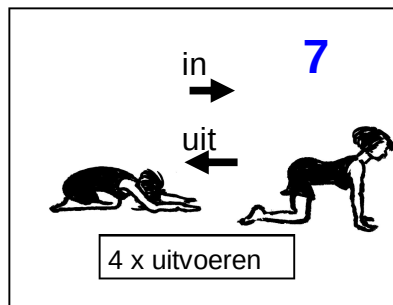
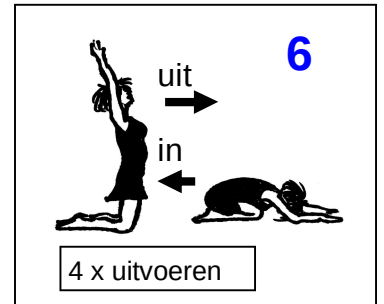
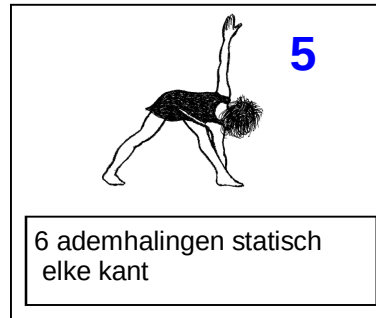
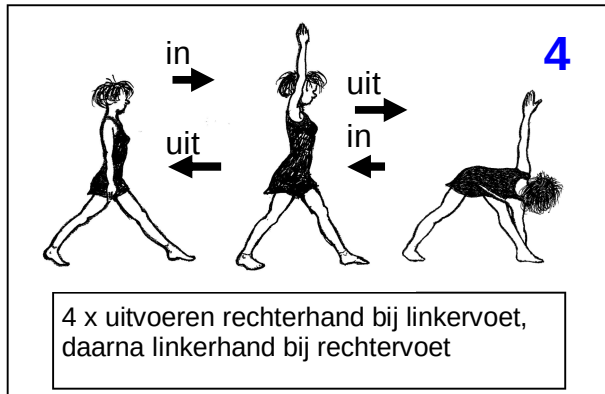
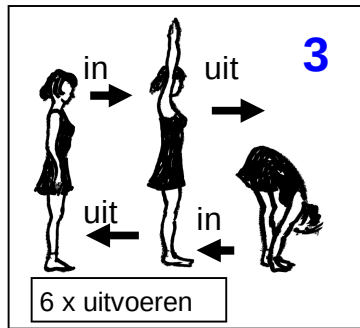
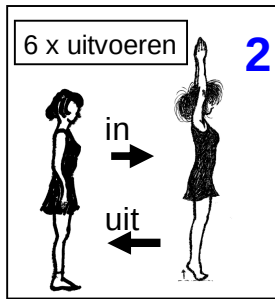
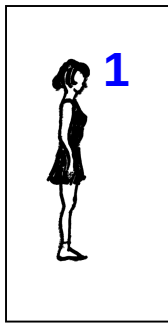
Een reeks met als doel het lichaam jeugdig te houden.

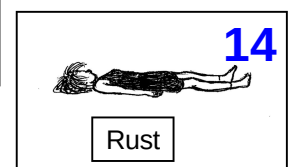
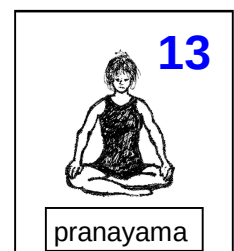
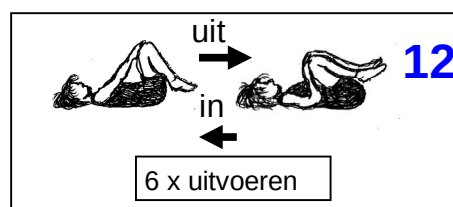
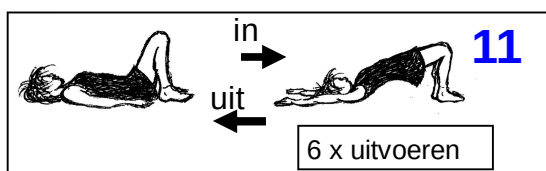
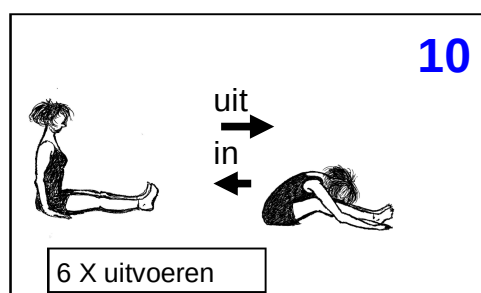
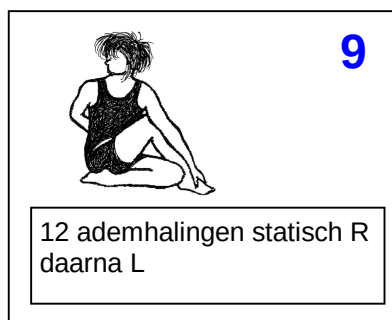
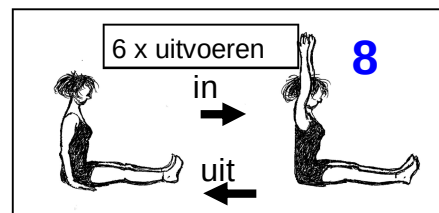
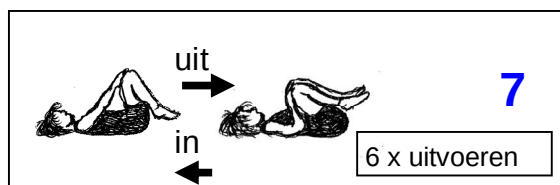
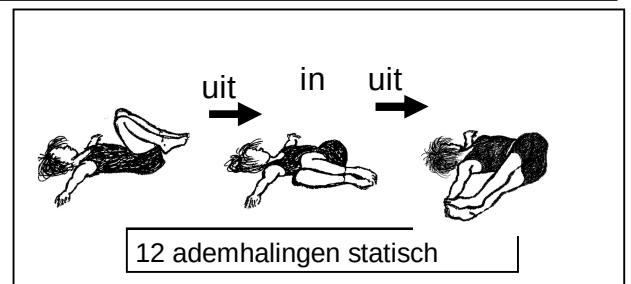
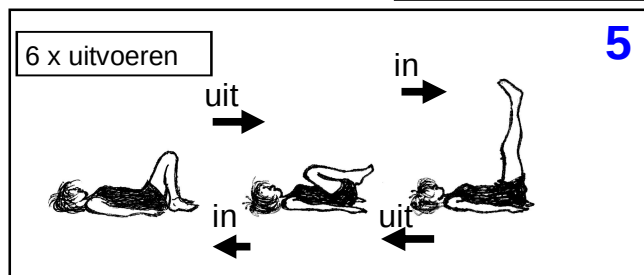
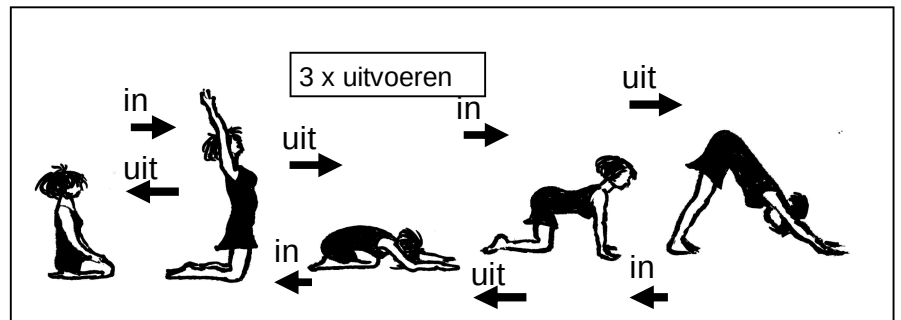
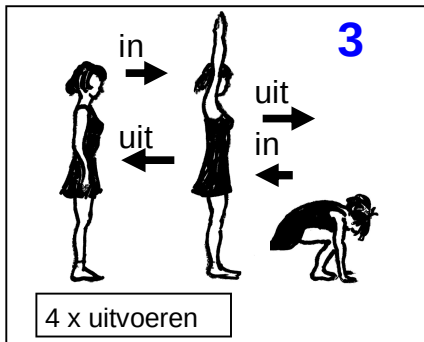
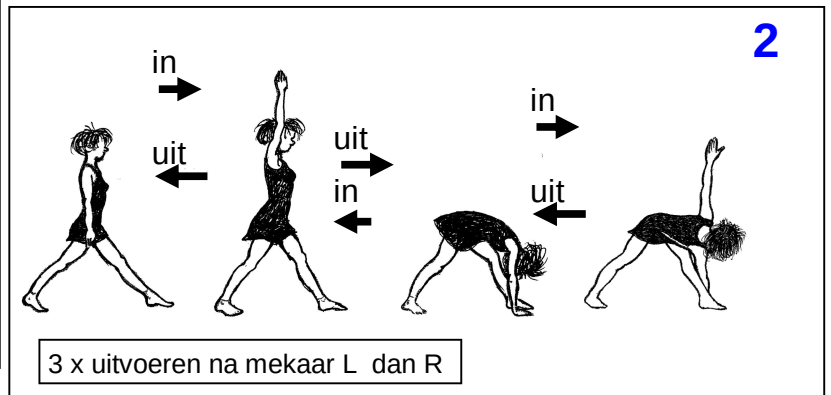
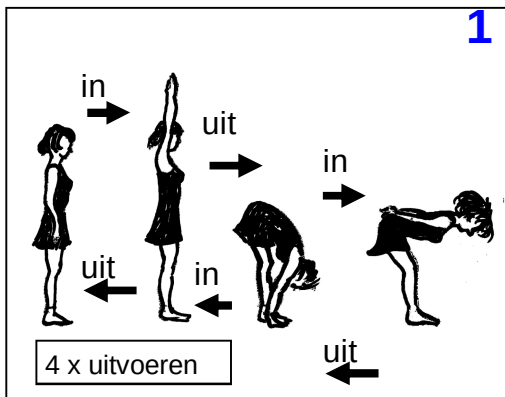






45' vritti

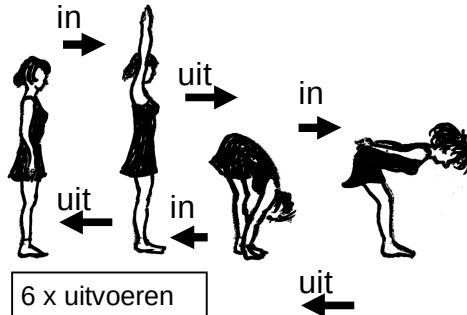




45' parshva

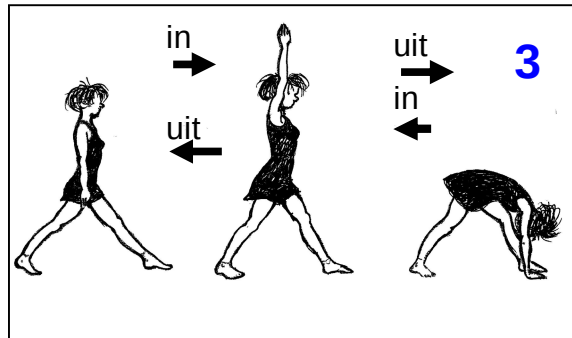
Een vinyasa met verschillende vormen
van flankrekkingsoefeningen

Doe de oefening met
de voeten net iets meer dan
bekkenbreedte uit elkaar



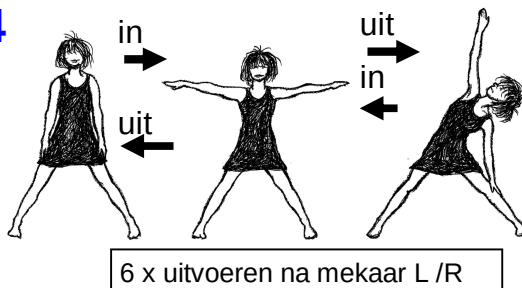
2

1



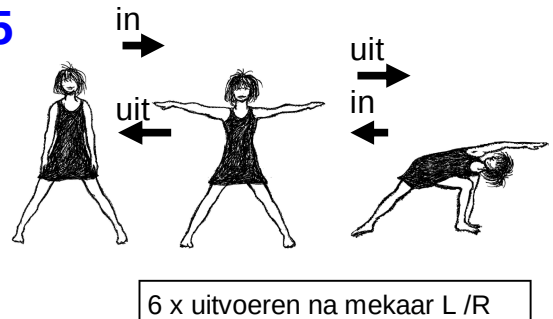
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4



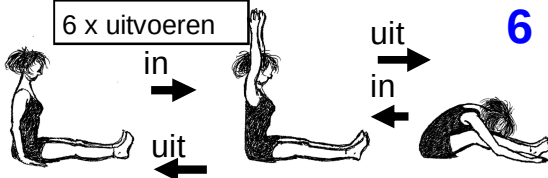
6 x uitvoeren na mekaar L / R

5



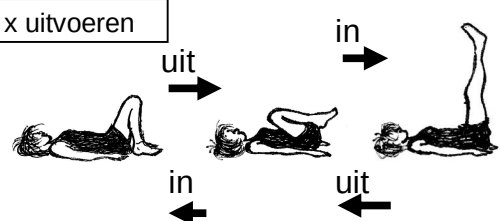
6 x uitvoeren na mekaar L / R

6 x uitvoeren



6

6 x uitvoeren



7

6 ademhalingen blijven naar de ene
kant... daarna idem naar de andere
kant.

8



9



6 x uitvoeren

10



