

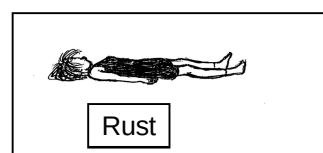
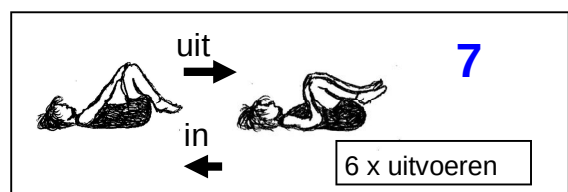
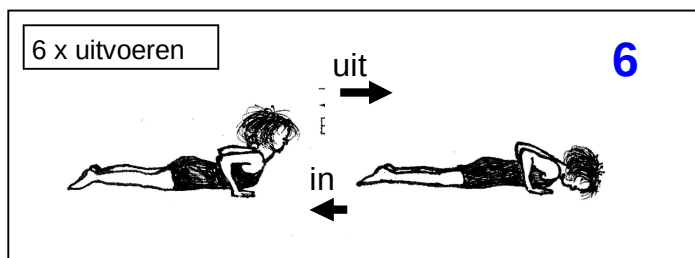
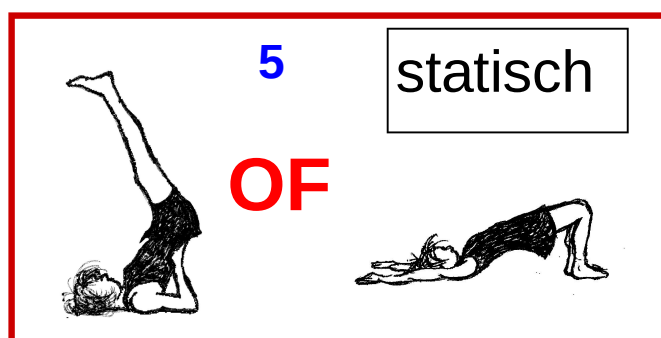
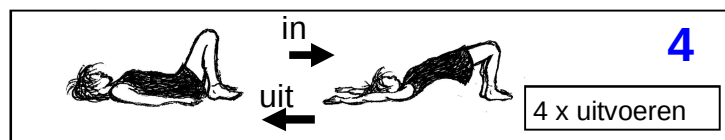
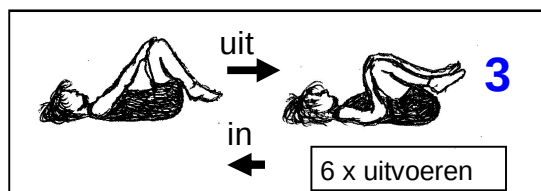
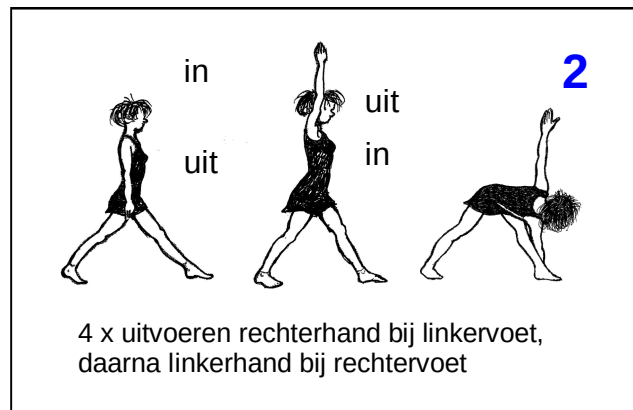
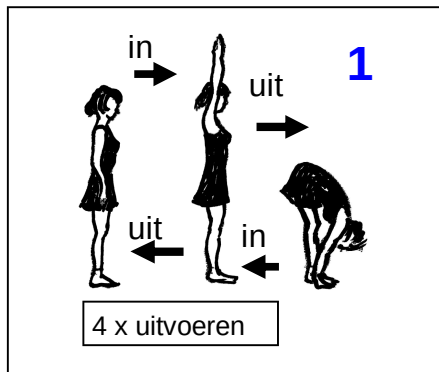
Korte reeksen

(25 min)

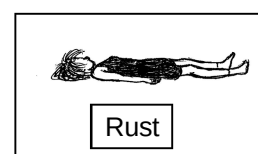
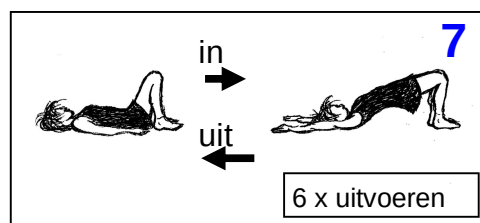
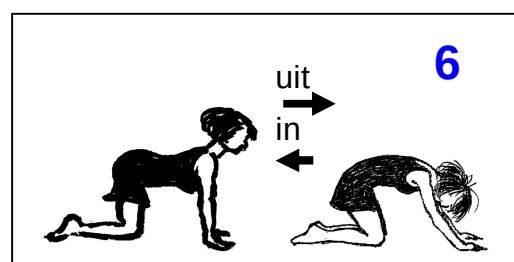
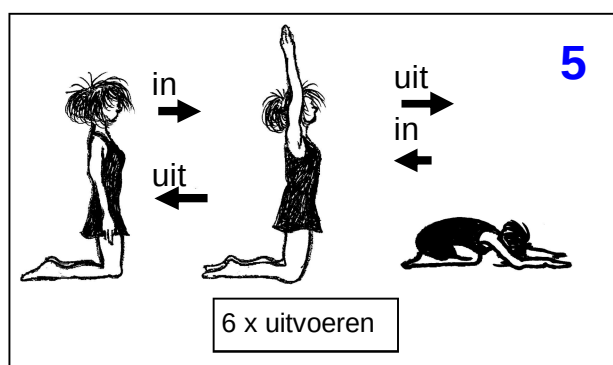
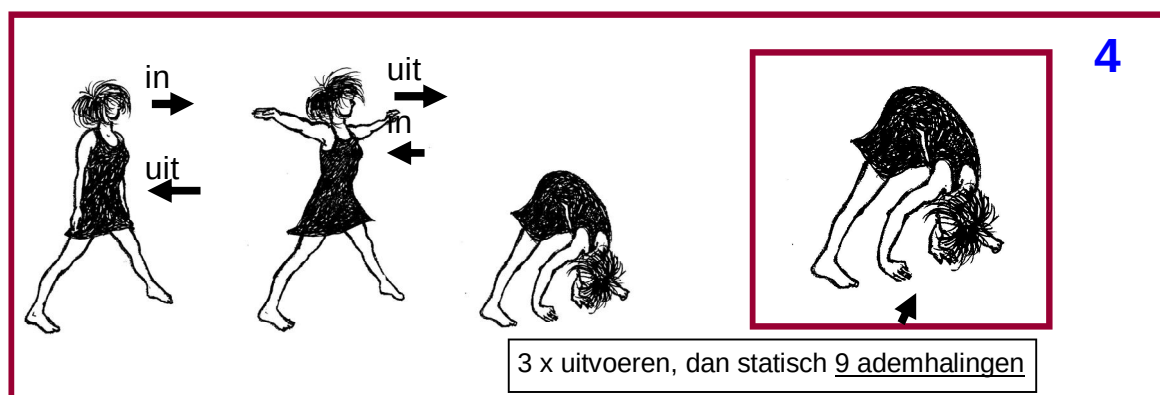
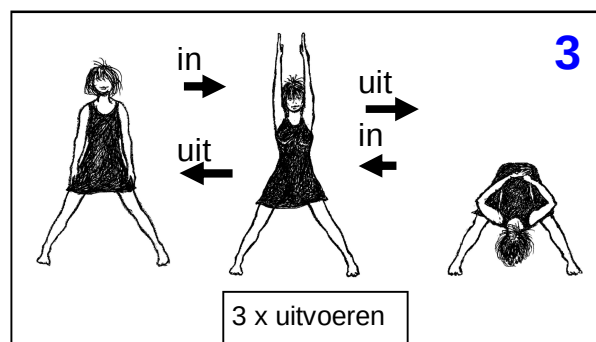
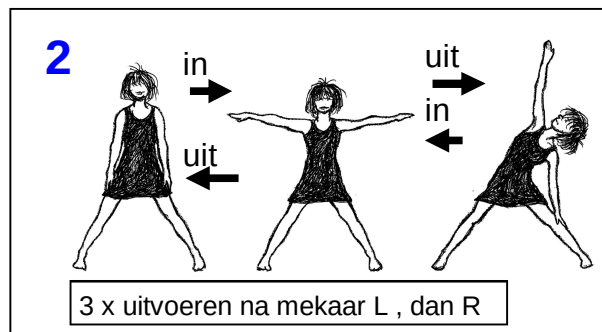
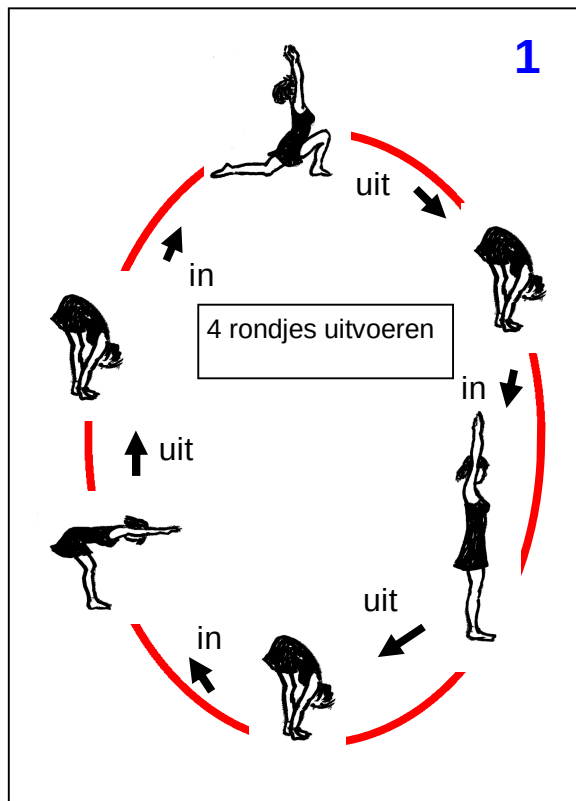
Vinyasas met Viparita karani-asanas



Korte reeks naar Viparita karani



Korte reeks naar padottanasana



Korte reeks naar Adho mukha shvanasana

