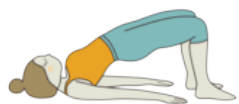


Schlusssequenz (Anfänger)

by Carmen Grabmeier - www.carmengrabmeier.de

5B



Setubandha Sarvangasana

5-10B



Ardha Halasana

8B



Sucirandhrasana

8B



Pawanmuktasana

8B



Matsyasana

10B



Baddha Padmasana

10B



Padmasana



Savasana