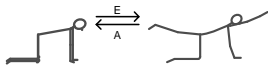
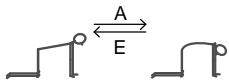


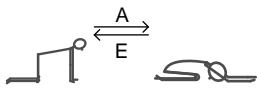
Übungsblatt Hatha Yoga Kurs



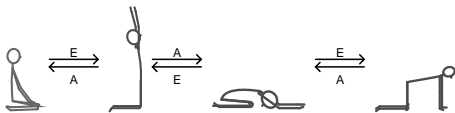
Ankommen, den Körper und den Atem spüren



diagonal strecken; dynamisch/statisch



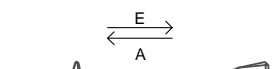
wahrnehmen von Veränderungen



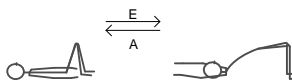
bewusstes bewegen mit dem Atem



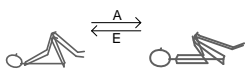
nachspüren



dynamisch/statisch



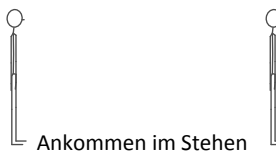
dynamisch/statisch



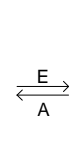
ausgleichend; dynamisch



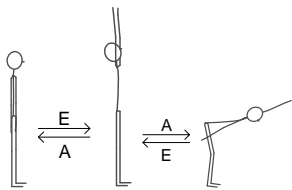
nachspüren



Ankommen im Stehen



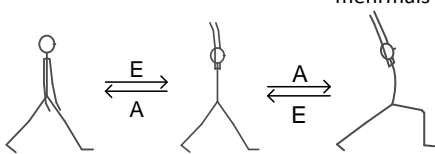
mehrmals dynamisch



mehrmals dynamisch



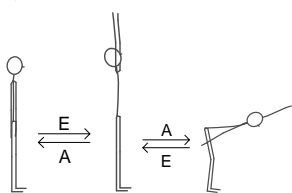
bewusstes nachspüren



dynamisch/statisch in der Endhaltung



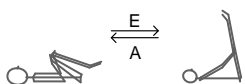
bewusstes nachspüren



dynamisch ausgleichend



bewusstes nachspüren



nachspüren, Endentspannung