

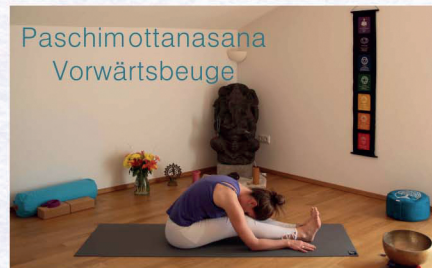
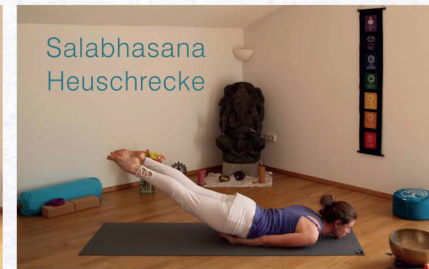
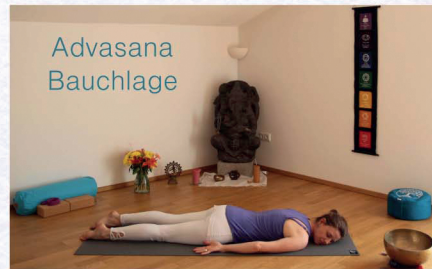
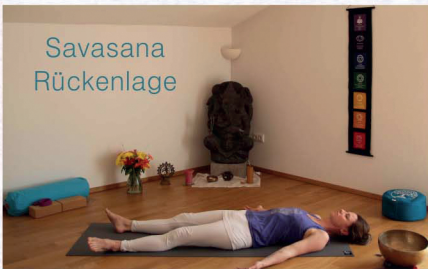
Integral Yoga Stunde Level I



Beginne im aufrechten Sitz
3 x Om
5 Minuten Pranayama
danach bewege dich frei, räkel Dich
und komm langsam zum Stehen.



3 Runden Surya Namaskara – Sonnengruß



Yoga Nidra – Tiefenentspannung
5 Minuten Meditation

Loka Samasta Sukhino Bhavantu