

Yin Yoga: Ausgleich mit den Elementen Holz & Erde



Ankommen



Atmen + Organe spüren



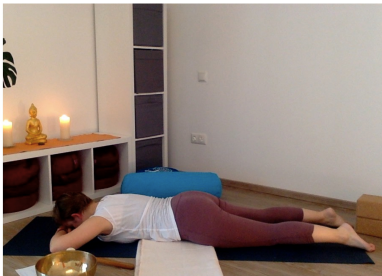
Räkeln



Balasana



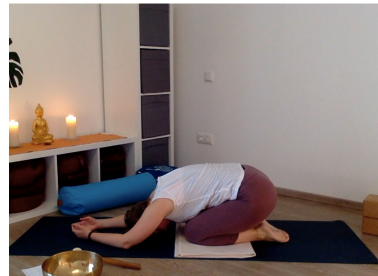
Frosch



Bauchlage (nachspüren)



Chamäleon (r+l)



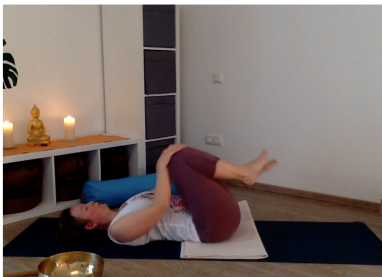
Balasana



Savasana (nachspüren)



Bambus im Wind (r+l)



Päckchen (nachspüren)



Schulterbrücke (bewegt)



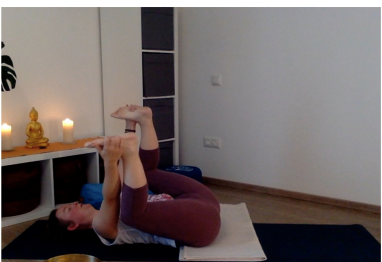
Golden Gate Brücke



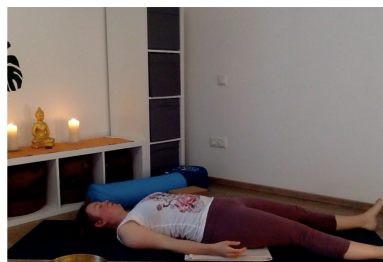
Savasana (nachspüren)



Twisted Roots (bewegt)



Happy Baby



Schlussentspannung



Organe spüren



Abschluss

Gute Entspannung &
viel Freude damit!