
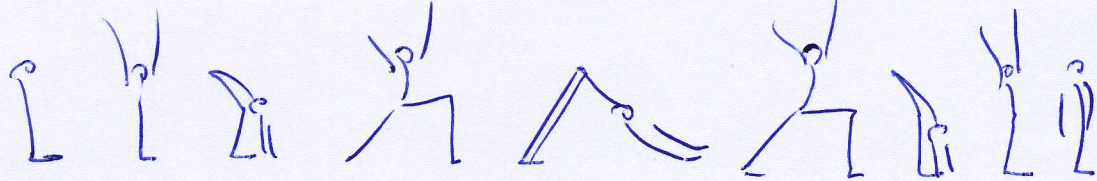

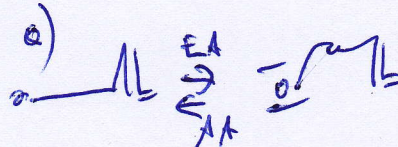



Praxis 1 - Dame mit Kurzatmigkeit


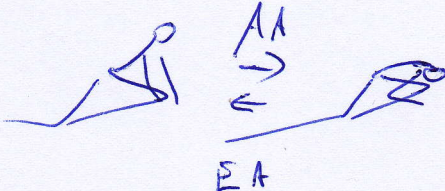
1  6x Atmen u. Bewegung verbinden


2  alle Beine mit der AA

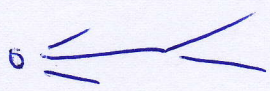
3  4 4x7

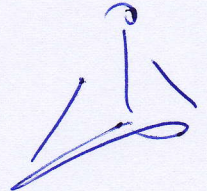
5 a)  6x b)  4-6/7 Bandhaltung

6  6x Bandhaltung 7  in den Band EA

8  rot. Drehung 2x6/7 9  2x6

10  2x6

11  a) Bandhaltung c) Vollendung
b) Brusthaltung

12  OM Bhuj OM Janah
OM Bhuvah OM Tapah
OM Suvah OM Satyam
OM Mahah