

Regenerative Übungsreihe für Männer



Ardha Chandrasana



Baddha Konasana



Upavistha Konasana



Paripurna Navasana



Urdhva Mukha Janu Sirsasana



Viparita Dandasana



Supta Virasana



Supta Baddha Konasana



Supta Padangusthasana



Salamba Sirsasana



Salamba Sarvangasana



Setu Bandha Sarvangasana



Setu Bandha Sarvangasana



Viparita Karani



Savasana