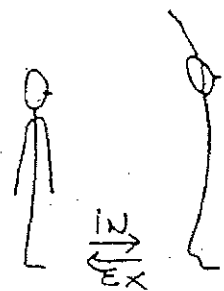
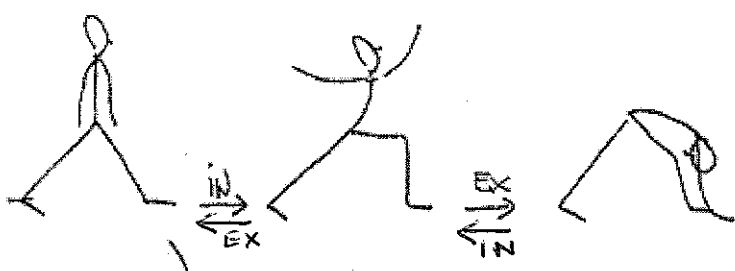
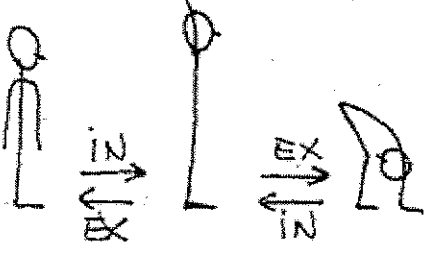

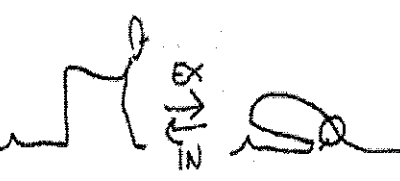

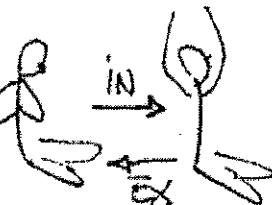


korte ochtendpraktijk/pratique courte matin/short practice morning

1.  6 x
VL/RP/hold after IN
2.  4x l.e.k./c.c./each side
VL/RP/hold after IN
3.  6x
4.  4 à 6x
LL/RV/hold after EX
5.  6x
6.  6 à 8 AH buikspieren/ respiration
abdominale/breaths belly
7.  6x

Bron/source: Frans Moors: les postures de yoga, postures debout (Les chemins du yoga n°60 p20)