

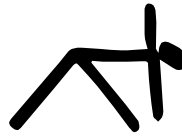
Standhaltungen



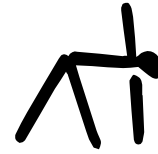
padahastasana



uttanasana



utthita trikonasana



parivrita
trikonasana



utthita parsva
konasana



prasarita
parsvottanasana A



prasarita
parsvottanasana B



prasarita
parsvottanasana D



parsvottanasana



utthita hasta
padangushtasana



uthita hasta
padangushtasana



vrikasana A



vrikasana B



utkatasana



virabhadrasana A



virabhadrasana A



Yoga und Bewegung