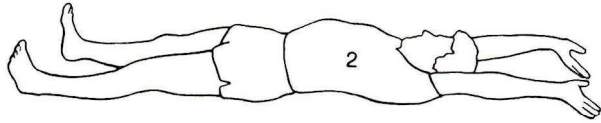
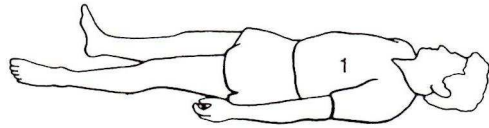


Reeks yogahoudingen

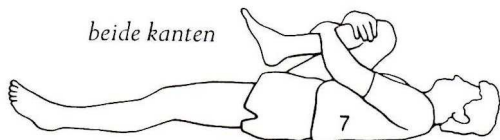
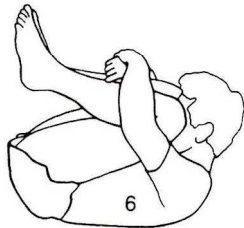
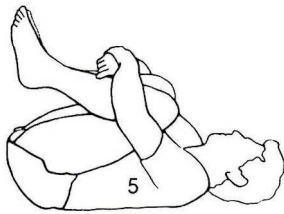
(cassettebandje 1, kant 2)



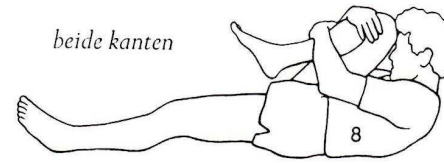
onderrug tegen de grond gedrukt



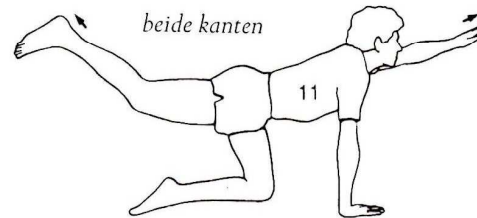
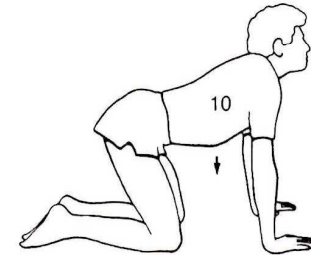
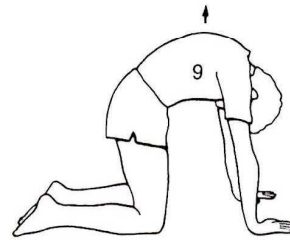
onderrug hol; bekken blijft op de grond



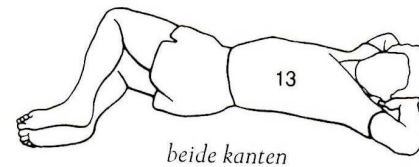
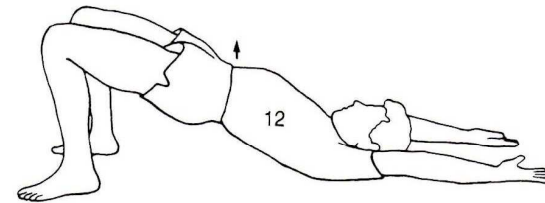
beide kanten



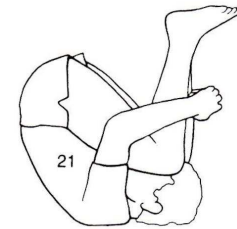
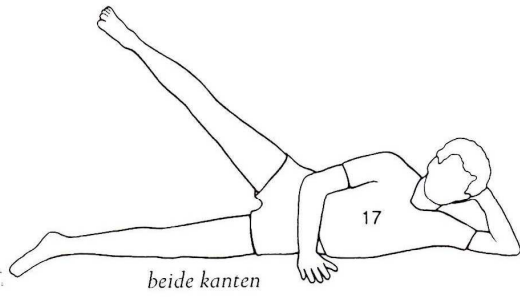
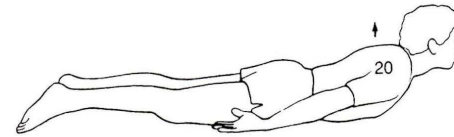
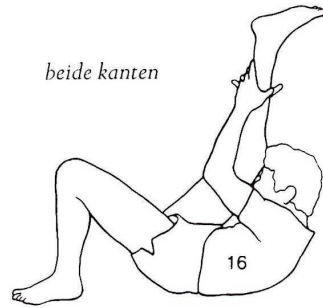
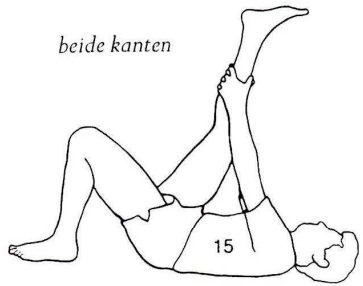
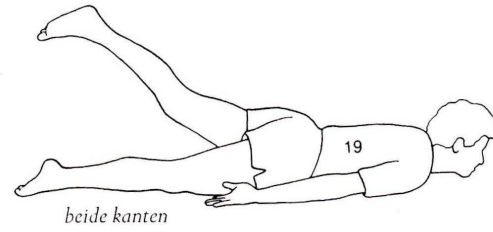
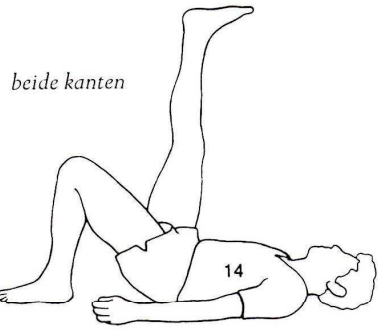
beide kanten



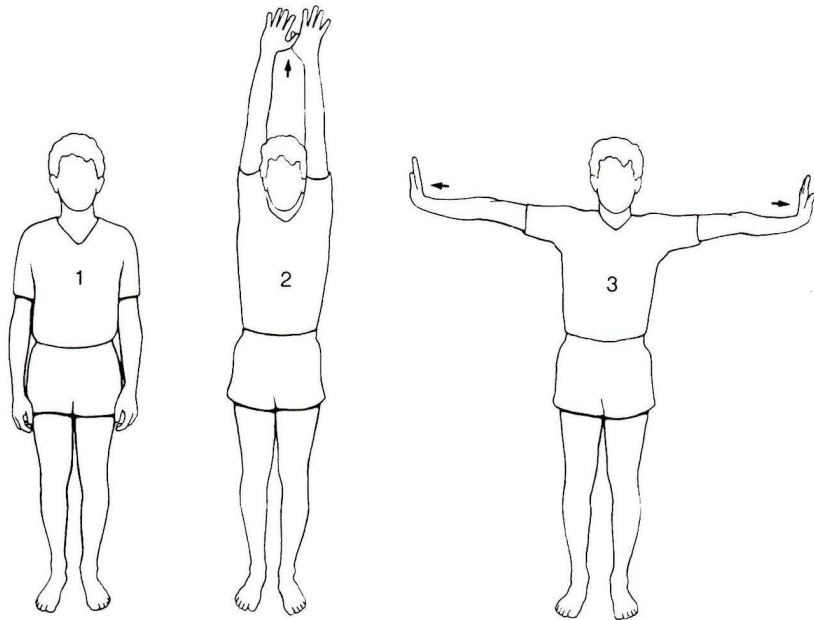
beide kanten



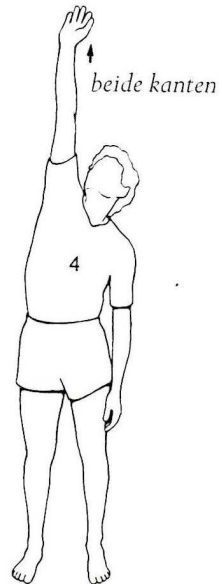
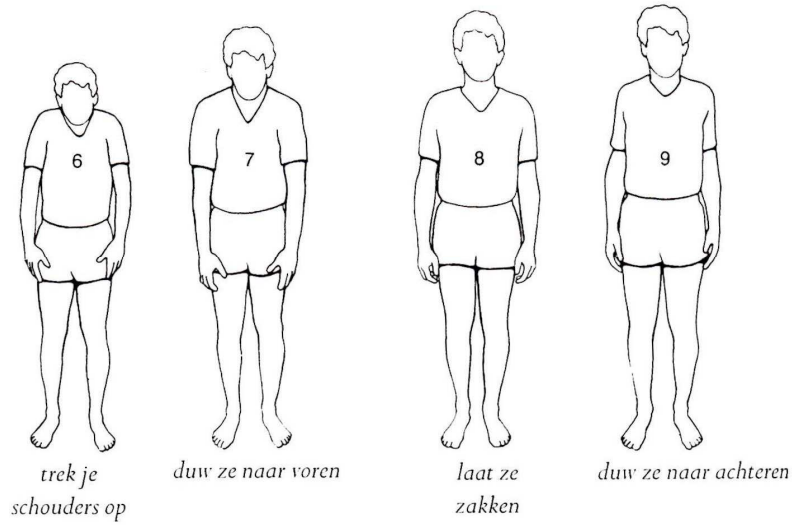
beide kanten



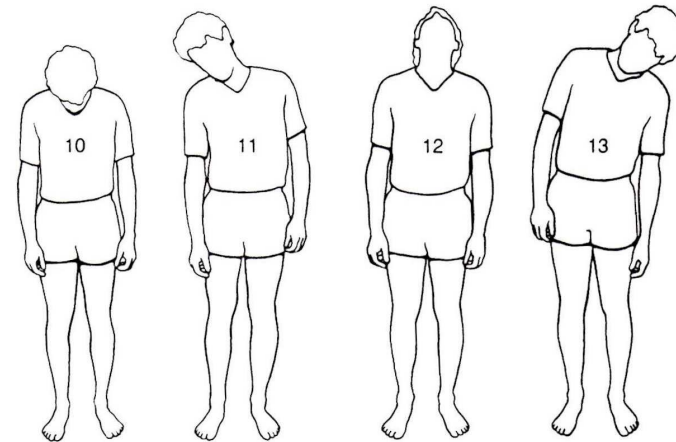
YOGA OEFENING 2

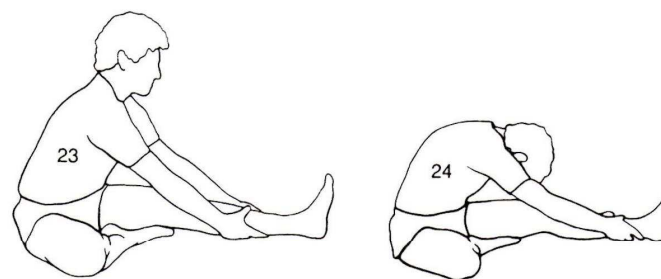
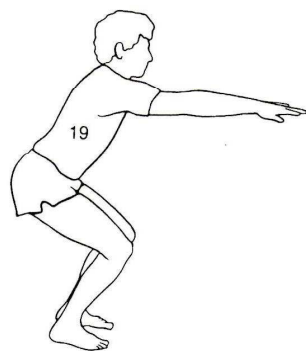
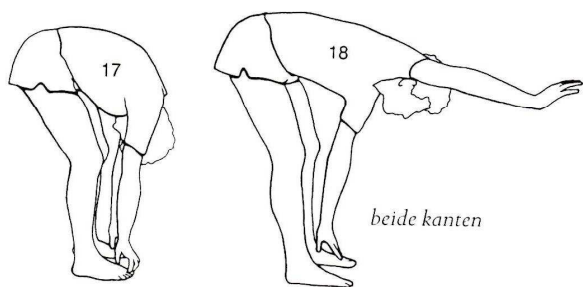
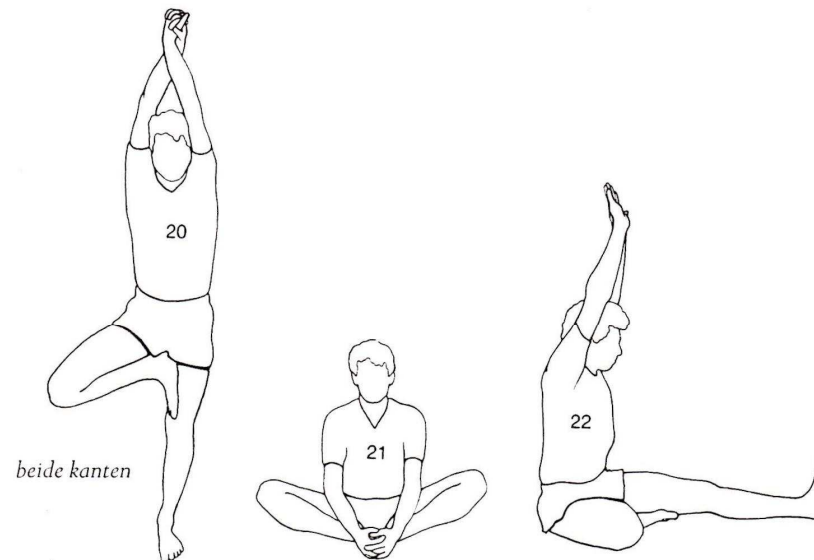
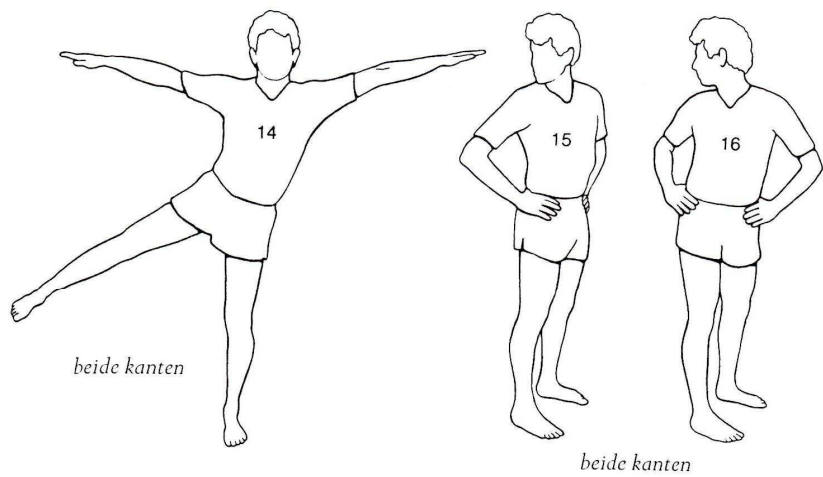


de schouders laten rollen; eerst naar voren, dan naar achteren



de nek laten rollen; eerste de ene kant op, dan de andere





herhaal 22 tot en met 24 aan de andere kant

