



SEKWENCJA NR 1 TYP I POZIOM POCZĄTKUJĄCY

Yogamudra – Pracownia Jogi Warszawa:
codzienne zajęcia stacjonarne, sesje indywidualne
warsztaty wyjazdowe.



Tadasana
1 x 1min



Vrksasana
2 x 30 sek



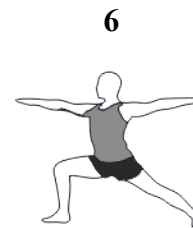
Utthita-trikonasana
2 x 30 sek



Tadasana
1 x 30 sek



Utkatasana
2 x 30 sek



Virabhadrasana II
2 x 30 sek



Dandasana
1 x 1min



Vajrasana
1 x 30 sek



Parvatasana – vajrasana
1 x 30 sek



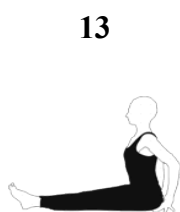
Dandasana
1 x 30 sek



Yogamudra vajrasana
1 x 30 sek



Garudasana – vajrasana
1 x 30 sek



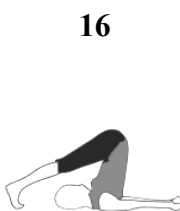
Dandasana
1 x 30 sek



Paścima namaskar – vajrasana
1 x 30 sek



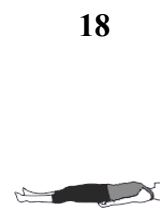
Gomukhasana – vajrasana
1 x 30 sek



Halasana
2 min



Salamba-sarvangasana
3 min



Savasana
8 min