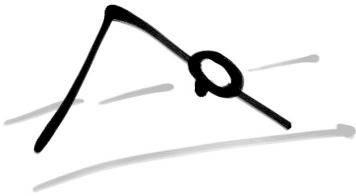


## CD: Yoga mit Claudia Wiese

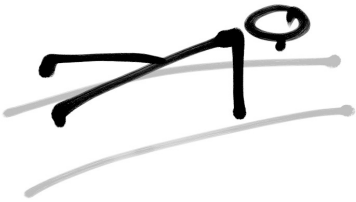
(einige unkomplizierte Positionen tauchen hier nicht auf)

### 4. Fließenslassen

Herabschauender Hund



Dreibeiniges Brett



Kobra



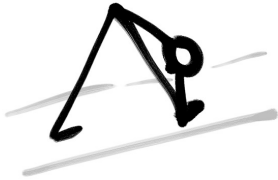
Hoher Ausfallschritt



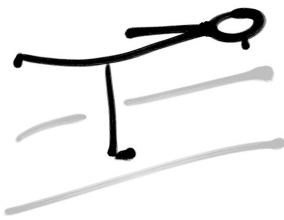
Hüftdehner



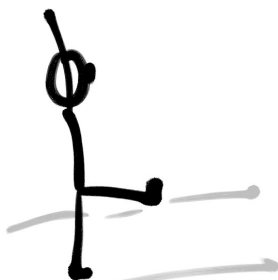
über das Schienbein  
hängen



Krieger 3



Brustbein zur Sonne :-)

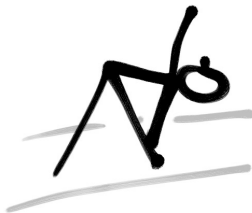


Krieger 2

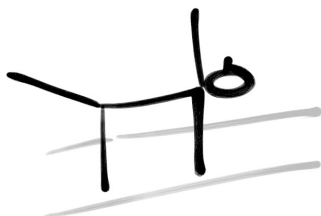


Umgekehrter Krieger

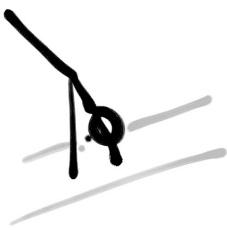
Dreieck



Halbmond



zum Schienbein  
schauen (Stehende  
Grätsche)



Hände greifen

