

YOGA - FLOW CHARLIE (± 15 min.)



zonnegroet A



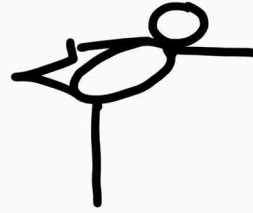
zonnegroet B



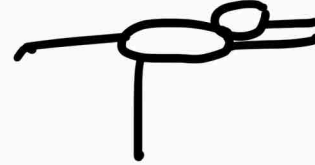
beenstrek



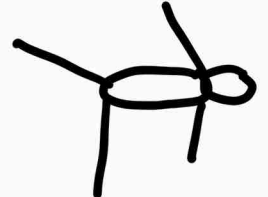
boom



danser



krijger 3



halve maan



krijger 2



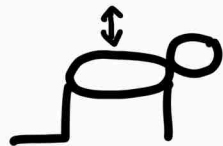
haekhouding



piramide



voorover
buiging



kat



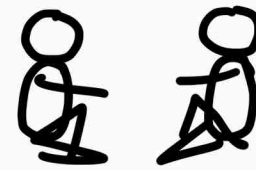
kindhouding



heupopeners



spreid



zittende twist



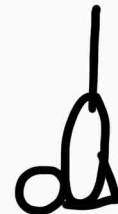
twist



brug



halve boot



kaars



lotus