
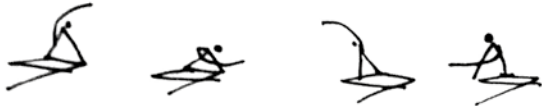


Yin Yoga für die Meridiane von Niere & Blase

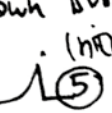
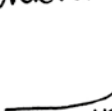
Helga Baumgartner


 NYAJA MEDITATION



 "NIEREN FLOW"

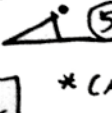
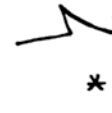
VOR  (NIEREN BLASE) *DANGLE*
 (NIEREN & LEBER) *JUVAT*



RÜCK  (LEBER) *DOWN BUTTERFLY*
VOR  (BLASE) *BUTTERFLY*

KICK &  (NIEREN) *JITIX*
 (NIEREN) *SEAL*
 (BLASE, NIEREN, LEBER)

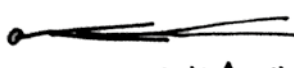
VOR 3*  *DRAGONFLY*
 (MAGEN / MILZ, BLASE / NIEREN)
 RECHTS, LINKS, MITTE*

RÜCK  *1/2 SADDLE LINKS*
 *1/2 SADDLE RECHTS*

VOR  (BLASE) *CATERPILLAR*
RÜCK  (NIEREN) *ANATA ANA*

VOR  (NIEREN) *HAPPY BABY*
 *UMKEHR*

 (5)
 (5)
 TWISTED ROOTS (NEUTRALISIEREND)

 (10)
 JAJANA