

SUNDAY MORNING PRACTICE 30 30 min

• meditation • yang & yin yoga •



15 min Mantra recitation



5 min Nyasa meditation



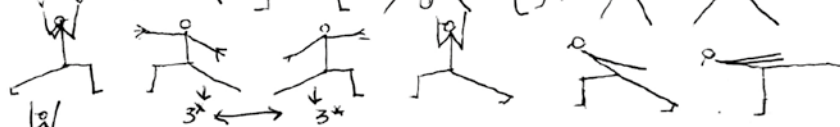
10 min Shushumna purification meditation (orbiting)

} MEDITATION
• 30 min •

5* Golden Seed Sequence



5* Warrior Fights & Retreats



5* Flying Dragon Sequence

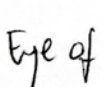
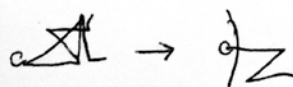


• YANG 30 min •

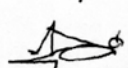
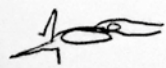
• Yin 30 min •



bangle • Squat • Happy Baby • Resting Pose



Eye of needle → Twisted roots → Resting Pose + 2. Seite



Resting angel → 1/2 saddle → " " " "

Shavasana 30

MINDFUL • YIN+YOGA

Pema Wangchen

Helga Baumgartner