

MINDFUL YIN + YOGA 03. MAI 2019

www.yinplusyoga.de HELGA BAUMGARTNER



GAYATRI MANTRA OM. SHIVA SHAMBOO



Gao KREISEN



WINDMÜHLE WITTECKS



DEHNEN
GÄHNEN
KÄLBEN



BUTTERFLY



RECLINED
BUTTERFLY



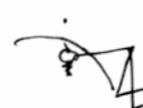
WÄRMUNG



NARCKEN ROLLEN



EYE OF THE
NEEDLE



TWISTED ROOTS



KOPF LINKS

→ KOPF RECHTS



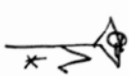
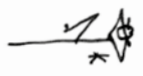
SPHINX



OVER



SEAL POSE



BABY
FROG

OVER



Full
FROG



* NACHSÄREN / RESTING POSE / REBOUND



RESTING ANGEL
SEITENBEUGE

OVER



RÜCKBEUGE

OVER



TWIST

RECHTS & LINKS



SHAVASANA



MINDFUL · YIN+YOGA

Pema Wangchen

Helga Baumgartner