

# Lieblings-Sequenz



30 CHANTING  
+ MEDITATION



Willows  
in the  
Wind



Windshield  
Wipers



RECLINED  
BUTTERFLY



EMBRYO  
(R)



BANANA //  
HALF MOON  
ASANA



(R)



BABY  
FROG



CAT'S  
POSE (R)



TOE STRETCH  
+ WRIST STRETCH 2\*  
BACK + FRONT



CHILD'S  
POSE (R)



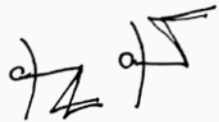
BABY DRAGON  
DRAGON FLYING HIGH



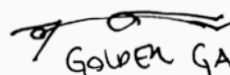
BOWING DRAGON



(R)



TWISTED  
ROOTS



GOLDEN GATE



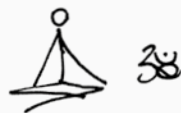
VIPARITA  
KARANI



SHAIL POSE



SHAVASANA



30

Yin Yoga 09.08.2018  
HELGA BAUMGARTNER  
WWW.YIN+YOGA.DE  
(R) = REBOUND