

„Büro-Yoga“

Meditation: Körper-Reise



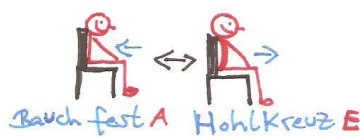
Atemtechnik: Nasenwechselatmung



- links einzuhalten, rechts aus
- rechts einzuhalten, links aus
- usw. 5-10 Runden!

„Sitz-Yoga“:

Beckenschaukel

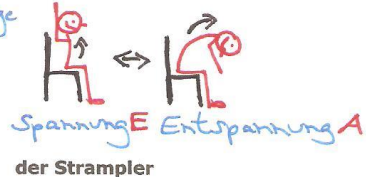


Drehsitz



5-6 Atemzüge halten!

Schmetterling

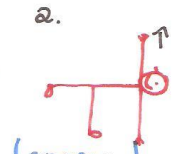
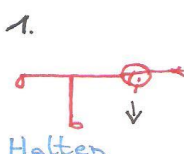
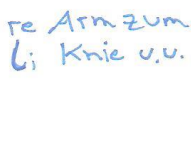
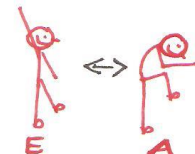


Stern



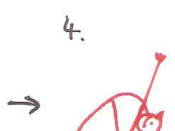
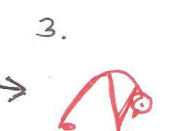
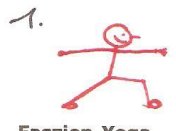
Gleichgewicht:

Rücken

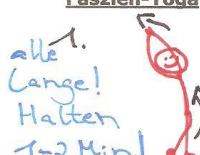


Standübungen:

Krieger-Reihe

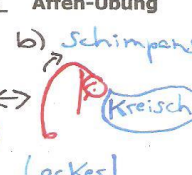


Faszien-Yoga



Lach-Yoga:

Affen-Übung



Hero-Übung



Yogi-Kniebeuge



Sumo-Kniebeuge



E = Einatmen
A = Ausatmen

AZ = Atemzüge