



YINYOGA GRENCHEN

Warm-up

FOKUS: FÜSSE

Fussmassage mit dem Ball +

Zehensitz



1 Min.

opening sequence:

1] Shoelace + Eagle Arms



R+h.
2-3
Min.

2] Anahats



anjali mudra.
3-5 Min

Bolster Block

3] child Pose



3-5 Min.

4] up-Swan + Twisted + Sleeping Swan



3 Min

+ 2 Min

Decke



gurt

+ 3-5
Min.

Bolster

closing sequence:

5] caterpillar on your back.



5 Min.

gurt

6] Twisted Roots.



R+h 5 Min