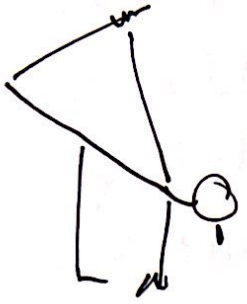
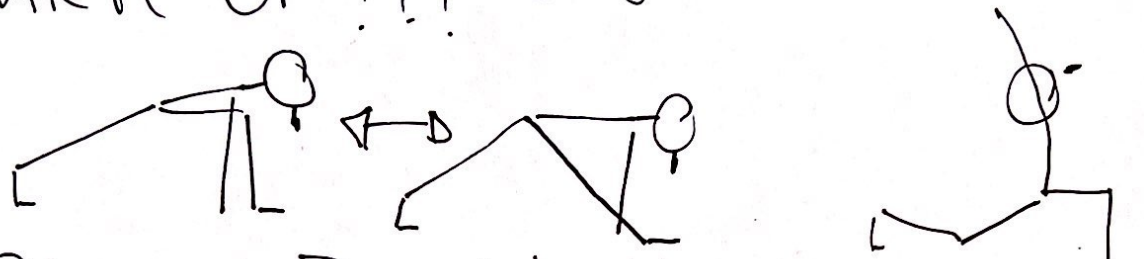


PEAK POSE:

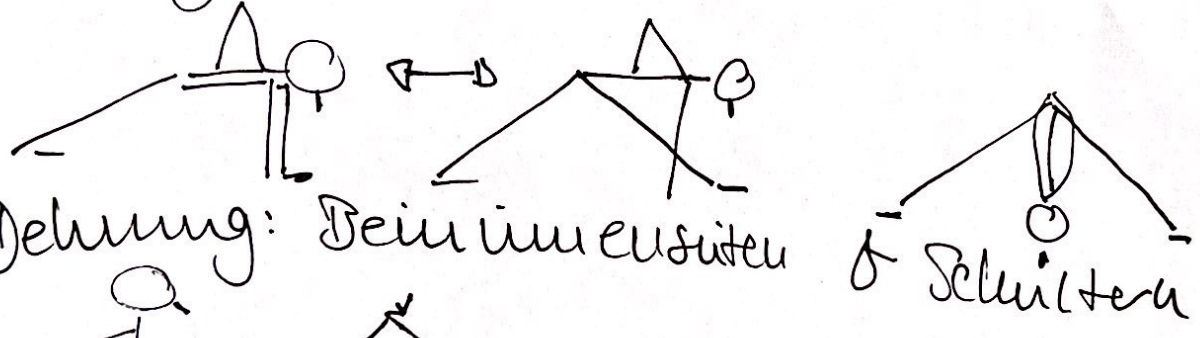
ARDHA CHANDRA CHAPASANA = gebundener Halbmond



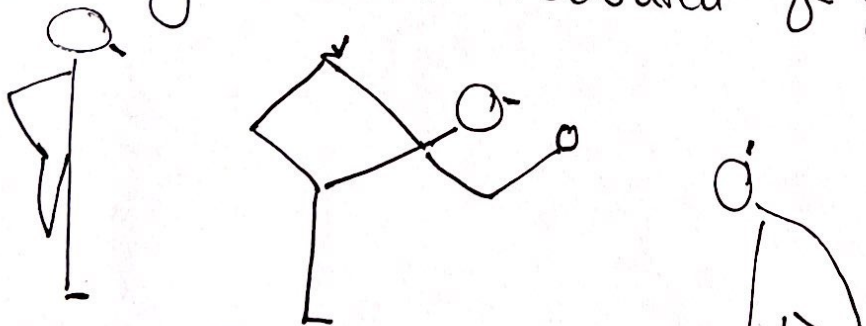
1. WARM UP !!! z.B. SUN SAL



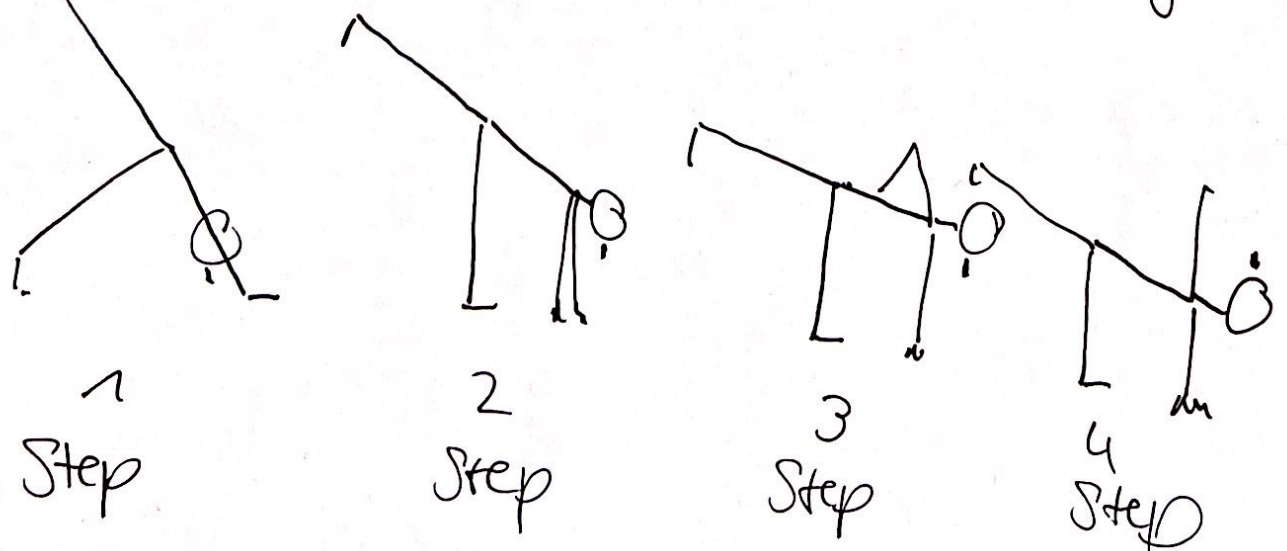
2. Dehnung: Beinrückseiten & Poas



3. Dehnung: Beininnenseiten & Schultern



4. Dehnung: Beinvorderseiten & Rückbeuge



5. Step

Step

Step

Step

=> ARDHA CHANDRA CHAPASANA