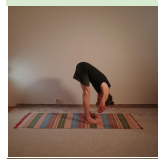


Základní sestava

Nácvik dechu

Pozdravy slunci



Uttanāsana



Utthita Trikonāsana



Parivṛta Trikonāsana



Prasaritta Padotāsana C



Prasaritta Padotāsana D



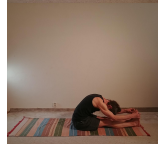
Otevření kyčlí ve stoji



Pārśvotonāsana



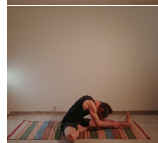
Pārśva Tadāsana



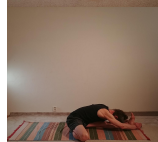
Paścimottanāsana A



Ardha Purvottanāsana



Januśirśāsana A

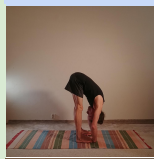


Januśirśāsana B

Rozšíření sestavy - pondělí

Nácvik dechu

Pozdravy slunci



Pādanguṣṭhāsana



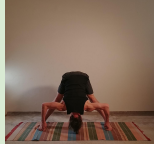
Utthita Trikonāsana



Parivṛta Trikonāsana



Prasaritta Padotāsana C



Prasaritta Padotāsana D



Otevření kyčlí ve stoji



Pārśvotonāsana



Pārśva Tadāsana



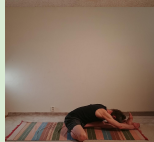
Paścimottanāsana B



Ardha Purvottanāsana



Januśirśāsana A

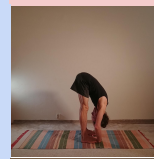


Januśirśāsana B

Rozšíření sestavy - čtvrtek

Kapalabhāṭī

Pozdravy slunci



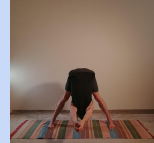
Pādahastāsana



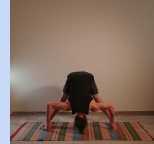
Utthita Trikonāsana



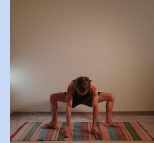
Parivṛta Trikonāsana



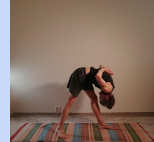
Prasaritta Padotāsana C



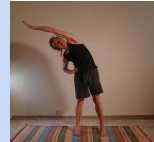
Prasaritta Padotāsana D



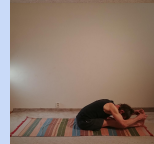
Otevření kyčlí ve stoji



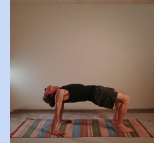
Pārśvotonāsana



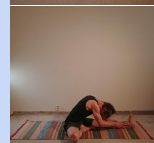
Pārśva Tadāsana



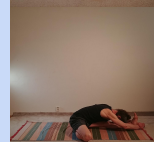
Paścimottanāsana B



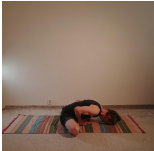
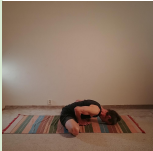
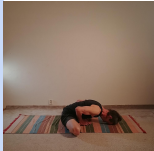

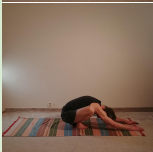
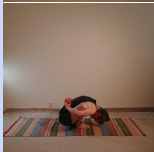
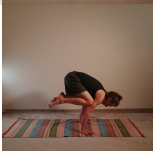
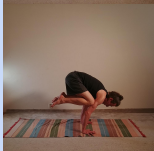
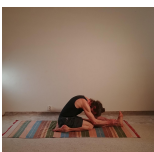
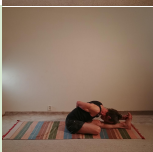
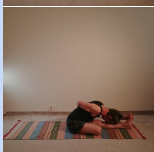
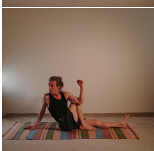
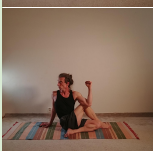
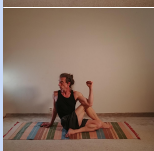
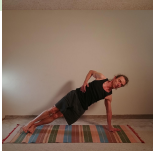
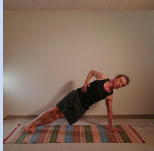
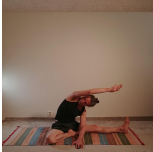
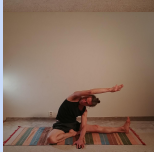
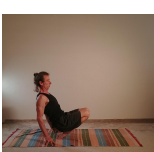
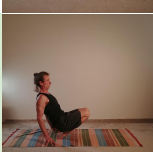
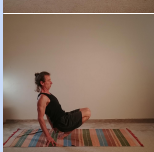
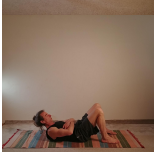
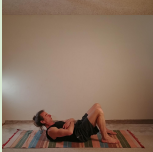
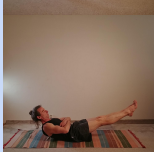
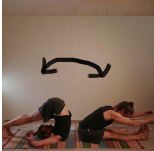
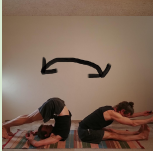
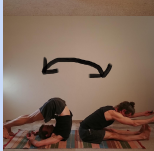
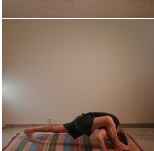
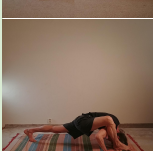
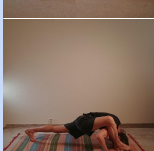

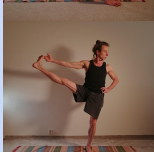
Ardha Purvottanāsana




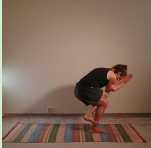
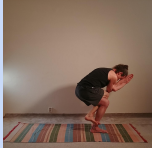











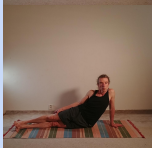


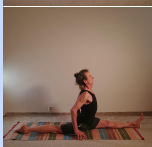

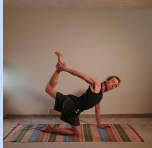
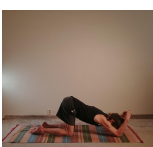
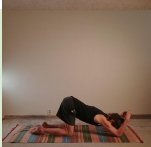
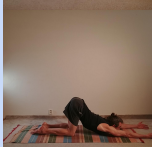
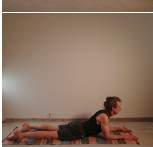
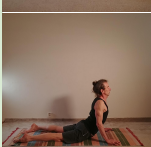
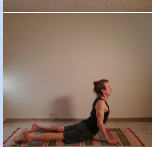
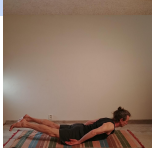





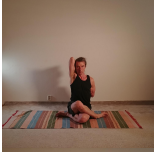
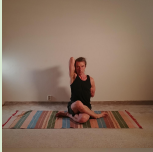
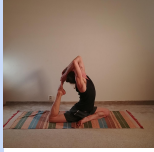
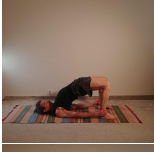
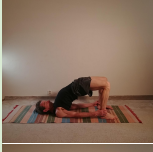
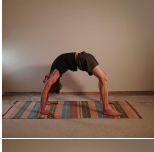
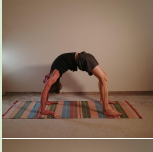
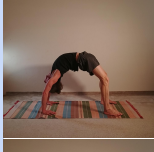
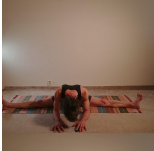
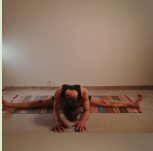
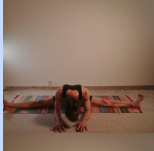
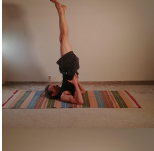
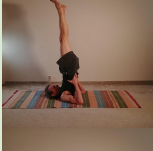
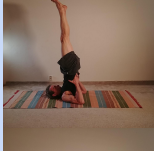
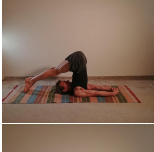
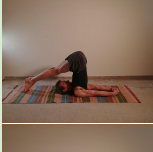
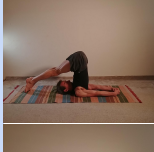
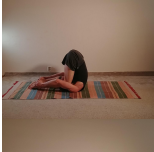
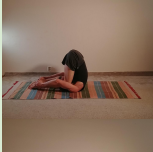
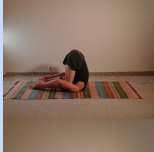
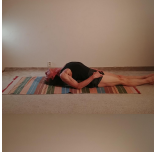
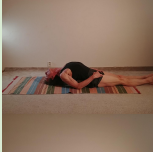
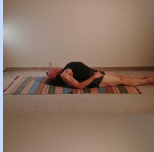
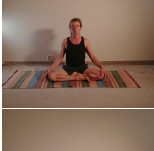
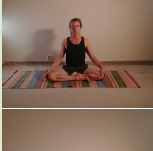
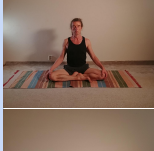
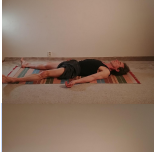
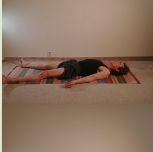
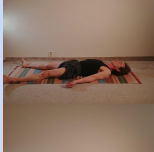



Januśirśāsana A



Januśirśāsana B

	Badhakónásana		Badhakónásana		Badhakónásana
	Malásana		Malásana		Malásana
			Bakásana		Bakásana
	Ardha Paščimottanásana		Ardha Badha Padma Paščimottanásana		Ardha Badha Padma Paščimottanásana
	Maričiasana C - parivrta		Ardha Matsjendrásana		Ardha Matsjendrásana
			Vasištásana		Vasištásana
			Páršva Džánušírásana		Páršva Džánušírásana
	Viparita Vadžrásana		Viparita Vadžrásana		Viparita Vadžrásana
	Příprava na Púrna Navásana		Příprava na Púrna Navásana		Púrna Navásana
	Halásana - Paščimotanásana kolíbání		Halásana - Paščimotanásana kolíbání		Halásana - Paščimotanásana kolíbání
	Rozhýbání kyčlí		Rozhýbání kyčlí		Rozhýbání kyčlí
			Utthita Paršvasahita		Utthita Paršvasahita

			Utthita Hasta Padangusthasana B		Utthita Hasta Padangusthasana B
	Garudāsana		Garudāsana		Garudāsana
	Virabhadrásana A		Virabhadrásana A		Virabhadrásana A
			Virabhadrásana C		Virabhadrásana C
	Virabhadrásana B		Virabhadrásana B		Virabhadrásana C
			Ardha Čandrāsana		Ardha Čandrāsana
			Anantāsana		Anantāsana
	Protažení do zanožení		Protažení do zanožení		Hanumanāsana
			Viparita Parivṛtta Dhanurāsana		Viparita Parivṛtta Dhanurāsana
	Protažení do vzpažení		Protažení do vzpažení		Protažení do vzpažení
	Ardha Budžangāsana		Budžangāsana		Budžangāsana
					Šalabhāsana

	Příprava na Uštrásana		Uštrásana		Uštrásana
	Gómukásana				Eka Páda Rádža Kapotásana
	Setu Bandhásana		Setu Bandhásana		
	Urdhva Dhanurásana		Urdhva Dhanurásana		Urdhva Dhanurásana
	Samakónásana		Samakónásana		Samakónásana
	Sarvangásana		Sarvangásana		Sarvangásana
	Halásana		Halásana		Halásana
	Karnapídásana		Karnapídásana		Karnapídásana
	Matsjásana		Matsjásana		Matsjásana
	Dýchání		Dýchání		Dýchání
	Šavásana		Šavásana		Šavásana
	Mikromeditace		Mikromeditace		Mikromeditace