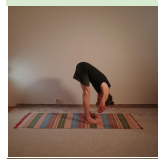


Základní sestava

Nácvik dechu

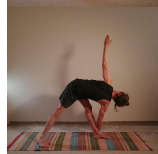
Pozdravy slunci



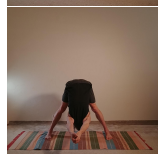
Uttanāsana



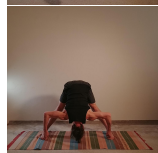
Utthita Trikonāsana



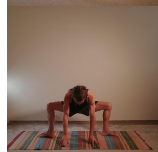
Parivṛta Trikonāsana



Prasaritta Padotāsana C



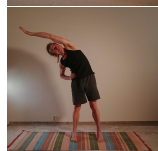
Prasaritta Padotāsana D



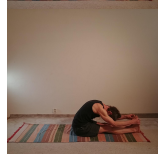
Otevření kyčlí ve stoji



Pārśvotonāsana



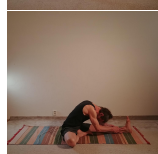
Pārśva Tadāsana



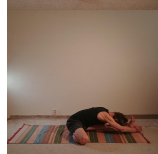
Paścimottanāsana A



Ardha Purvottanāsana



Januśirśāsana A

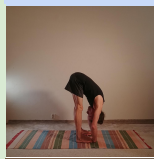


Januśirśāsana B

Rozšíření sestavy - pondělí

Nácvik dechu

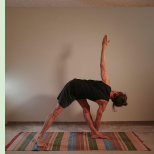
Pozdravy slunci



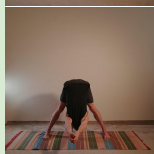
Pādanguṣṭhāsana



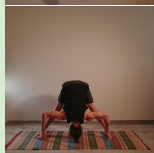
Utthita Trikonāsana



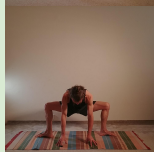
Parivṛta Trikonāsana



Prasaritta Padotāsana C



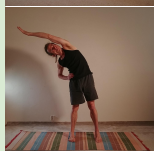
Prasaritta Padotāsana D



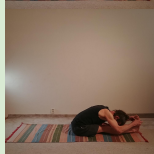
Otevření kyčlí ve stoji



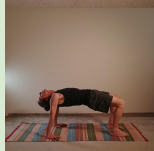
Pārśvotonāsana



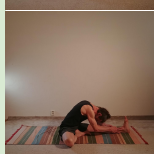
Pārśva Tadāsana



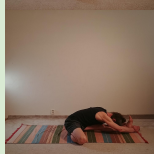
Paścimottanāsana B



Ardha Purvottanāsana



Januśirśāsana A

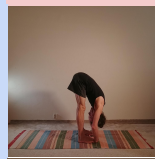


Januśirśāsana B

Rozšíření sestavy - čtvrtek

Kapalabhāṭī

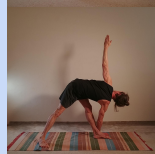
Pozdravy slunci



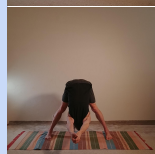
Pādahastāsana



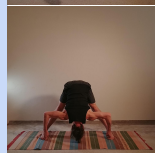
Utthita Trikonāsana



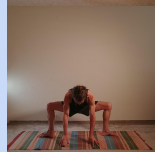
Parivṛta Trikonāsana



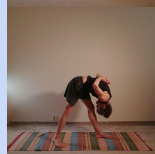
Prasaritta Padotāsana C



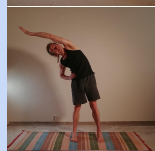
Prasaritta Padotāsana D



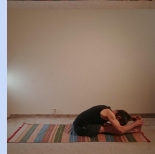
Otevření kyčlí ve stoji



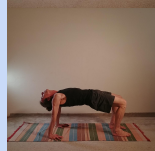
Pārśvotonāsana



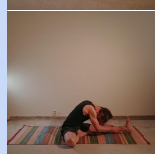
Pārśva Tadāsana



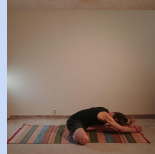
Paścimottanāsana B



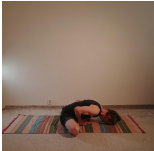
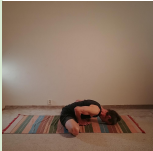
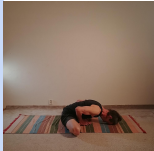

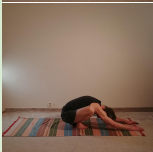
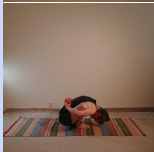
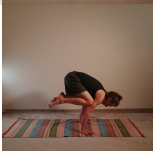
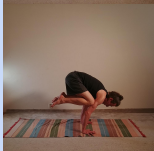
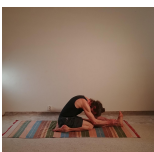
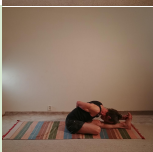
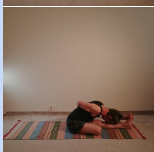
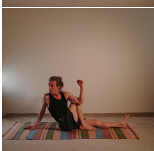
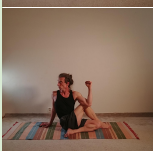
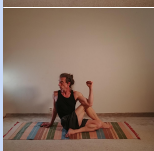
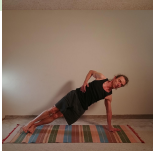
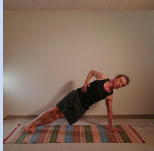
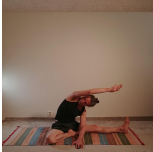
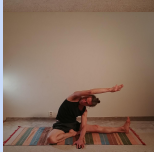
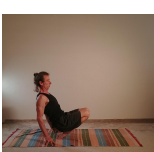
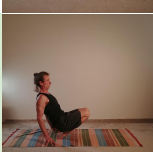
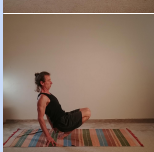
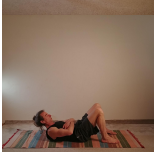
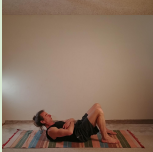
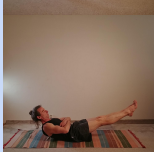
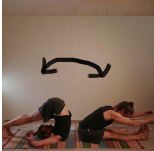
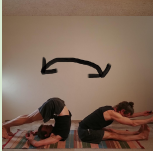
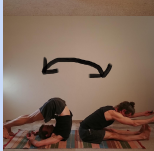
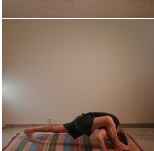
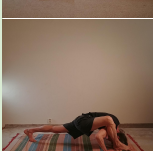
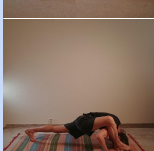

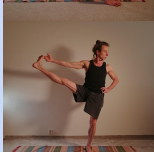
Ardha Purvottanāsana




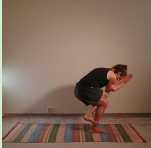
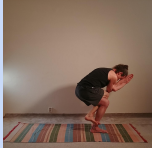











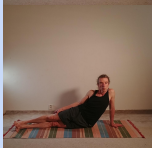


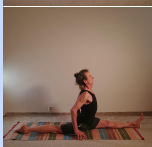

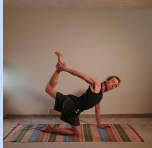
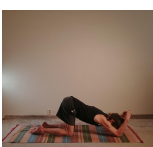
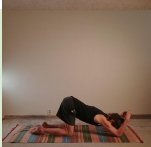
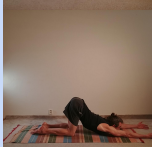
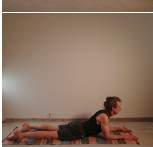
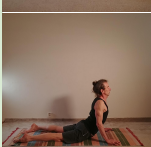
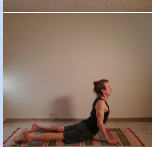
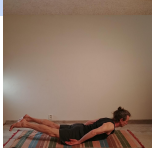





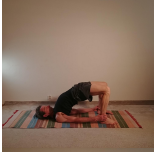
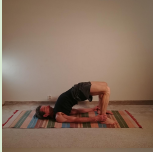
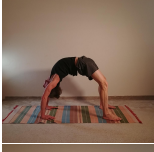
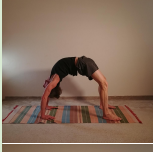
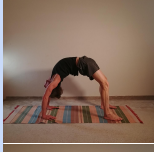
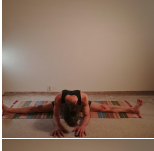
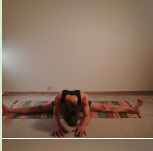
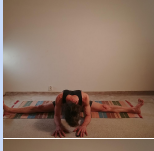
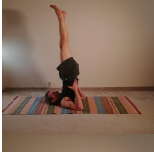
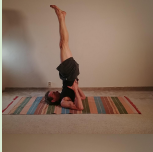
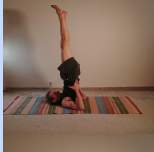
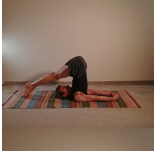
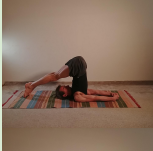
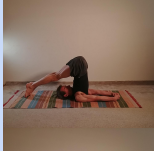
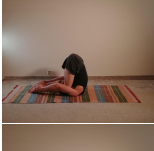
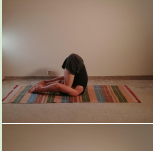
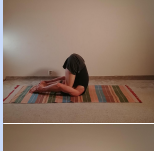
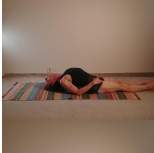
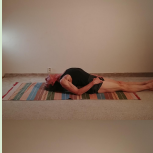
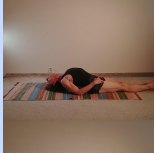
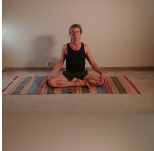
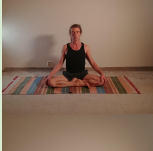
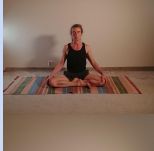
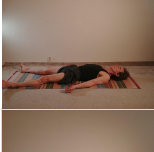
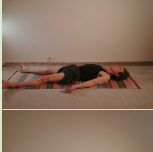
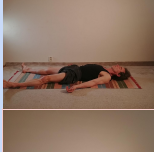



Januśirśāsana A



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 |
|  | Připrava na Púrna Navásana |  | Připrava 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 |
|  | Vīrabhadrāsana A |  | Vīrabhadrāsana A |  | Vīrabhadrāsana A |
| | |  | Vīrabhadrāsana C |  | Vīrabhadrāsana C |
|  | Vīrabhadrāsana B |  | Vīrabhadrāsana B |  | Vīrabhadrāsana 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 |
|  | 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 |