

Tydzień 11 - Wtorek



Mateusz Stańczak



Parvatasana w Vajrasanie
4 oddechy



Garudasana w Vajrasanie
4 oddechy



Gomukhasana w Vajrasanie
6 oddechów



Koci grzbiet
12 cykli



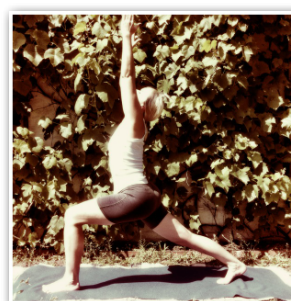
Parighasana
6 oddechów



Utthita-Trikonasana
6 oddechów



Utthita-Parśvakonasana
6 oddechów



Virabhadrasana I
6 oddechów



Parśvottanasana
6 oddechów



Adho-Mukha-Śvanasana
8 oddechów



Parśva-Virasana
8 oddechów



Dandasana
8 oddechów



Pāścimottanasana
8 oddechów



Śavasana
6 min.