

Zestaw - "dolne plecy"



Mateusz Stańczak



Adho-Mukha-Virasana
8 oddechów



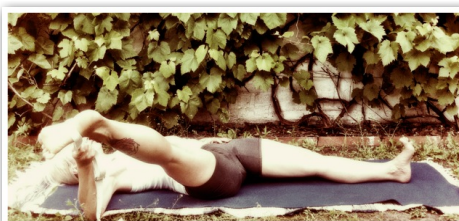
Eka-Pada-Pawanmuktasana
6 oddechów



Supta-Padangusthasana I
8 oddechów



Supta-Padangusthasana III
8 oddechów



Supta-Padangusthasana II
8 oddechów



Adho-Mukha-Rajakapotasana
8 oddechów



Koci grzbiet
12 cykli



Adho-Mukha-Svanasana
8 oddechów



Mariciasana III
8 oddechów



Janu-Sirsasana
6 oddechów



Supta-Baddha-Konasana
3 min.



Śavasana
6 min.