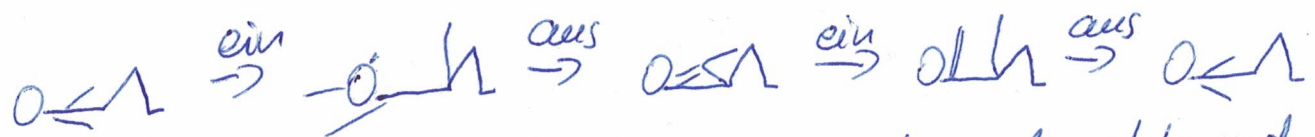
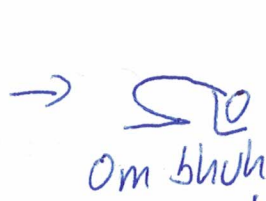
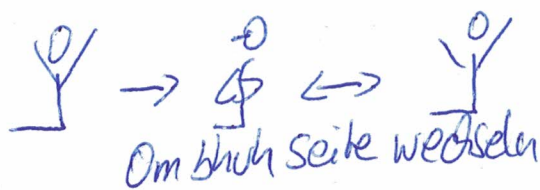
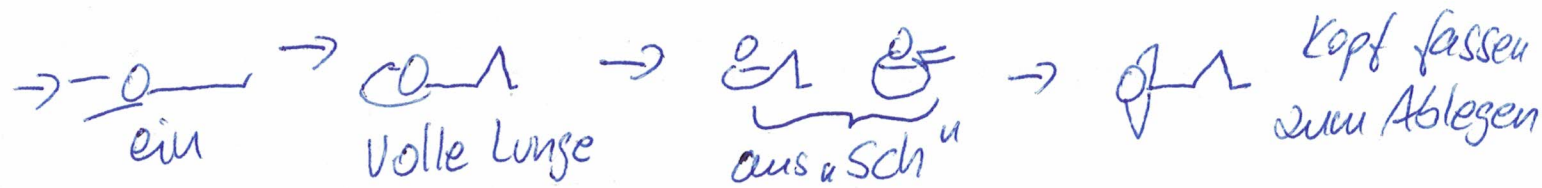


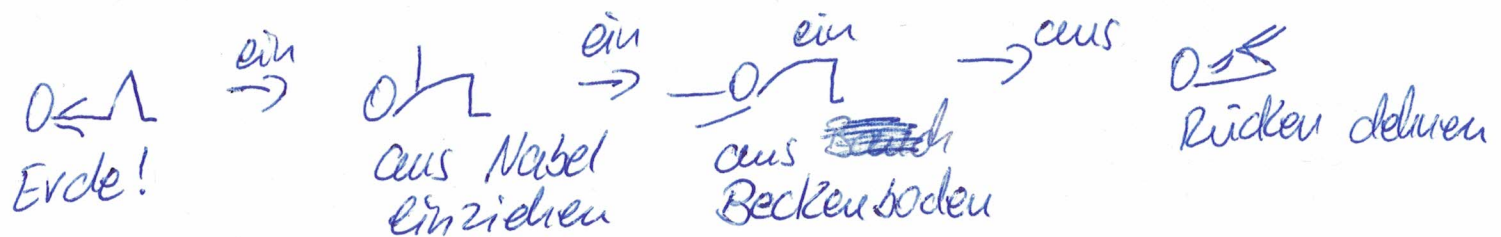
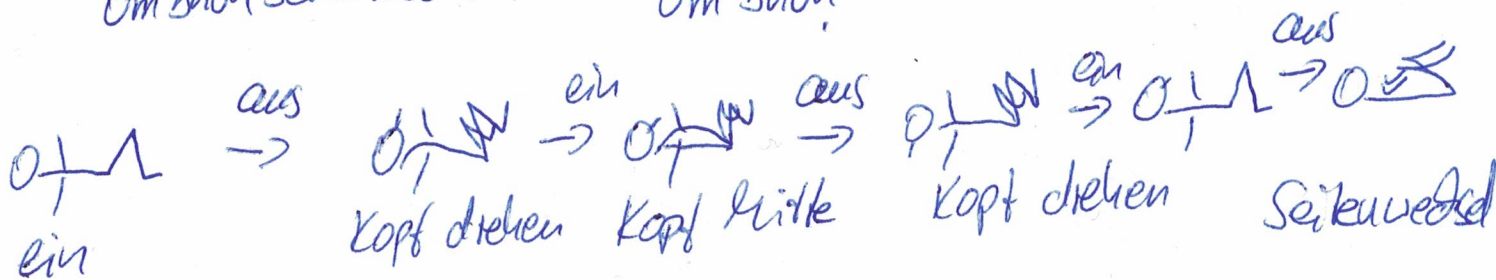
Apānāsana - zum Atem kommen



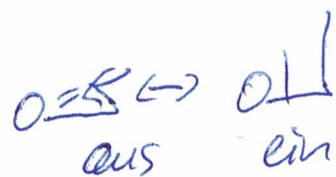
einatmend: Weite, Streckung ausatmend: dehnend loslassen



aus mit Mantra
ein Weite



ausatmen zählen



gelenke lockern

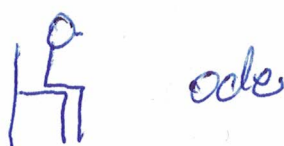


ein



aus

1: 2



oder



Seite wechseln



locke vorbeugen

ausatmend mit Mantra

Om bhuh