


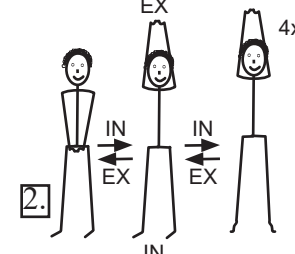
Introductie viniyoga Stad Aalst: 6 oktober 2020

Algemene richtlijnen voor de ganse les:
Aandacht voor lichaam, ademhaling en geest
Beweging en AH vloeien samen

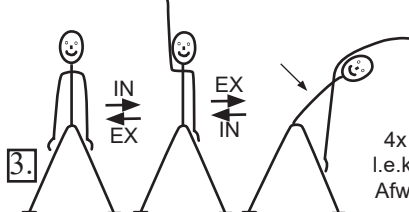
1. Bewust van lichaam
Bewust van ademhaling
6 AH



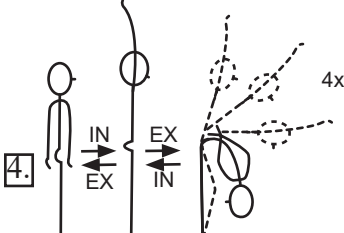
2. 4x



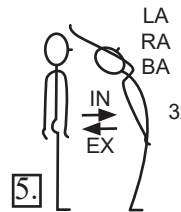
3. 4x
l.e.k.
Afw.



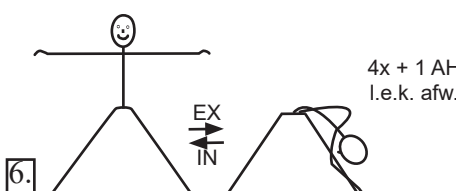
4. 4x




5. 3x



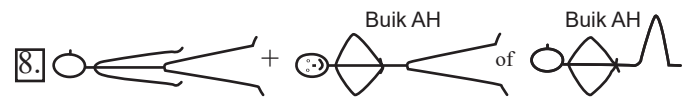
6. 4x + 1 AH
l.e.k. afw.



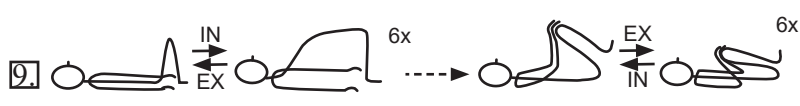
7. 4x



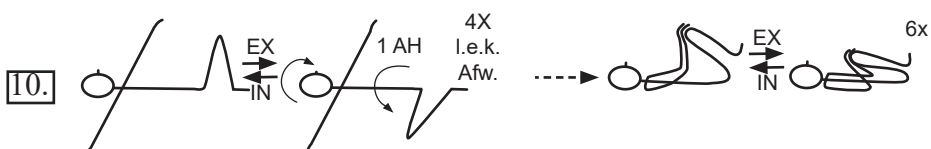
8. Buik AH



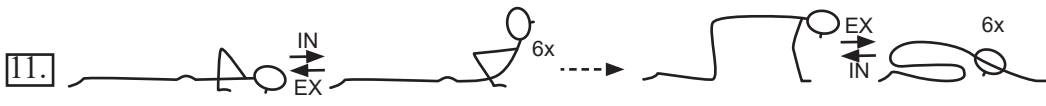
9. 6x




10. 4X
l.e.k.
Afw. 1 AH

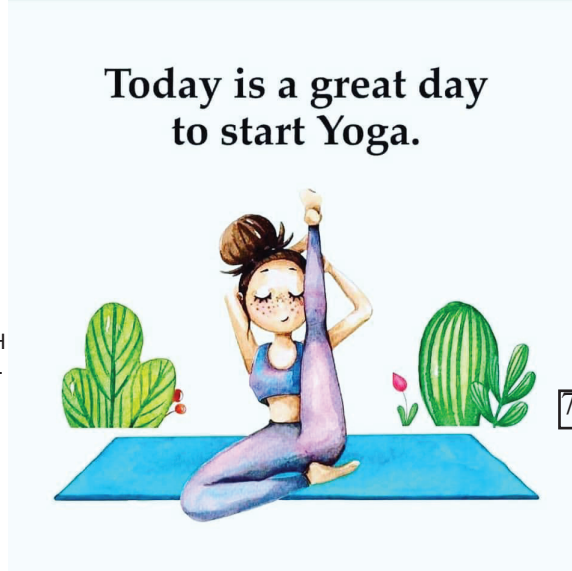


11. 6x



12. Ontspanning + Verinnerlijking





Today is a great day
to start Yoga.