

Korte Oefenschema's:

- a) 2, 3, 4, 5, 6, 7, 8, 9
- b) 10, 11, 12, 13, 14, 15
- c) 2, 3, 4, 5, 11, 13, 14, 15
- d) 2, 6, 7, 4, 8, 10, 12, 15

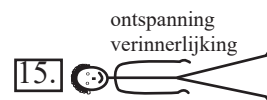
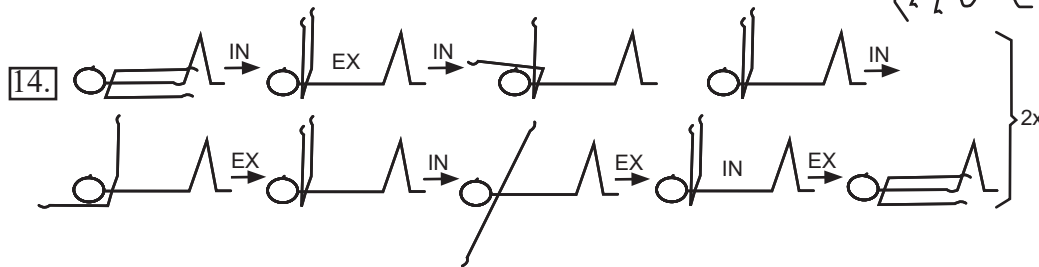
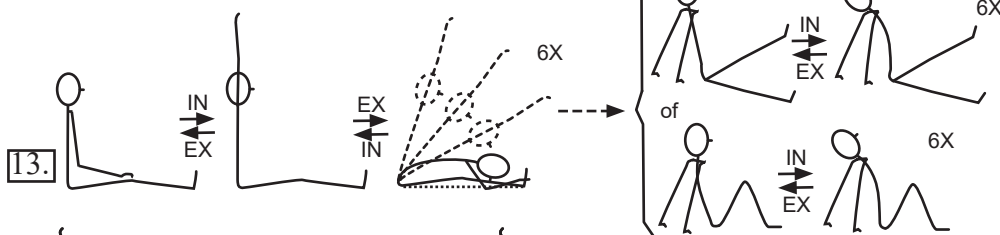
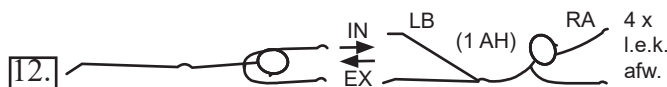
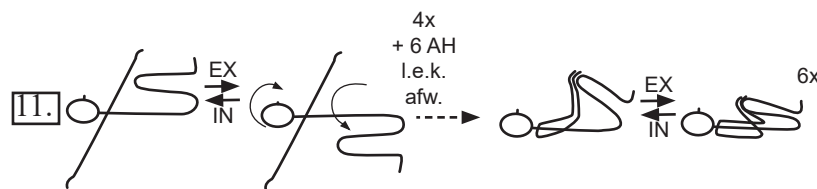
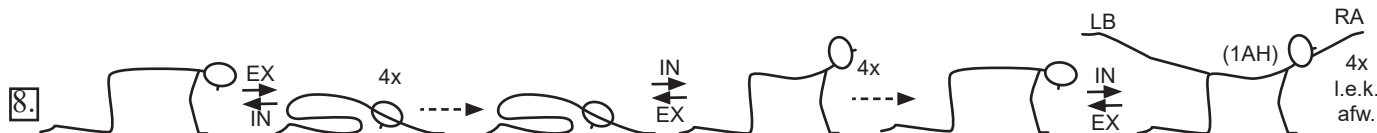
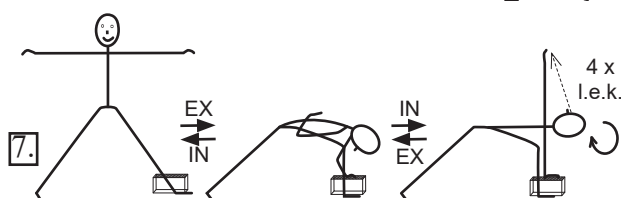
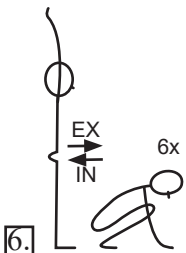
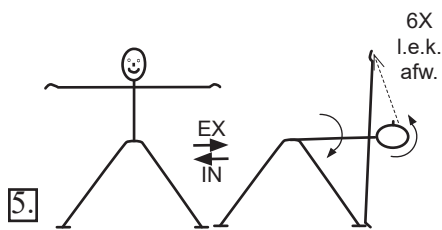
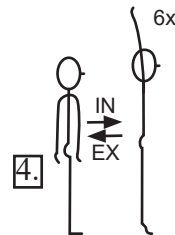
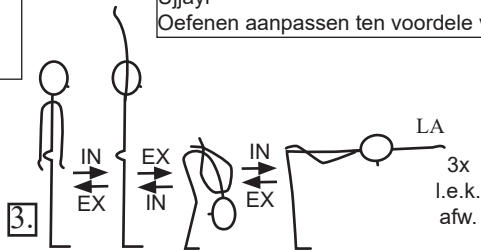
Algemene richtlijnen voor de ganse les:

VAH verlengen of volledige AH
Ujjayi
Oefenen aanpassen ten voordele van AH

1. volledige ademhaling + UJJĀYĪ



2. bewust ademen ujjayi AH verlengen



"At the center of your being you have the answer; you know who you are and you know what you want."

-Lao Tzu