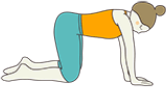

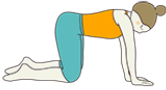










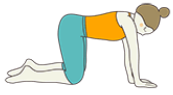


4 - Calentamiento de rodillas corto, con torsiones

- 10 mins • Todos los niveles
- Calentamiento Gato - Vaca más cortito y con torsiones
- Caderas, columna

Calentamiento para flexibilizar la columna y estirar columna y caderas, con torsiones.

 <p>1. Table Top Pose Bharmanasana</p>	 <p>2. Cat Cow Pose Bitilasana Marjaryasana</p>	<p>x3</p> <p>3. Repeat 3</p>	 <p>4. Table Top Pose Bharmanasana</p>	 <p>5. Tiger Pose Vyaghrasana</p>
 <p>6. Cat Pose Variation Knee Marjaryasana Variation Knee</p>	<p>x3</p> <p>7. Repeat 3</p>	 <p>8. Balancing Table Pose Dandayamana Bharmanasana</p>	 <p>9. Balancing Table Pose Dandayamana Bharmanasana</p>	 <p>10. Tiger Pose Variation 1 Vyaghrasana Variation 1</p>
 <p>11. Tiger Pose Variation 1 Vyaghrasana Variation 1</p>	 <p>12. Thread The Needle Pose Flow Urdhva Mukha Pasasana Flow</p>	 <p>13. Thread the Needle Pose Urdhva Mukha Pasasana</p>	 <p>14. Thread The Needle Pose Flow Urdhva Mukha Pasasana Flow</p>	 <p>15. Thread the Needle Pose Urdhva Mukha Pasasana</p>



16. Table Top Pose
Bharmanasana



17. Downward Facing
Dog Pose Variation
Knees Bent Adho
Mukha Svanasana
Variation Knees Bent



18. Downward Facing
Dog Pose Adho
Mukha Svanasana



19. Revolved
Downward Facing
Dog Pose



20. Downward Facing
Dog Pose Adho
Mukha Svanasana



21. Revolved
Downward Facing
Dog Pose



22. Downward Facing
Dog Pose Adho
Mukha Svanasana



23. Upward Forward
Fold Pose Urdhva
Uttanasana



24. Standing Forward
Fold Pose Variation
Hands To Elbows And
Knees Bent
Uttanasana Variation
Hands To Elbows And
Knees Bent



25. Upward Forward
Fold Pose Urdhva
Uttanasana



26. Mountain Pose
Variation Feet Hip
Wide Tadasana
Variation Feet Hip Wide