

WideMat
freedom matters

Yoga en casa
PARA PRINCIPIANTES

SEMANA 8



Yoga en casa PARA PRINCIPIANTES

SEMANA 8

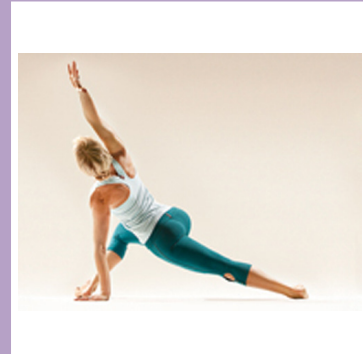
● N° Repeticiones



Parivrtta Janu Sirsasana



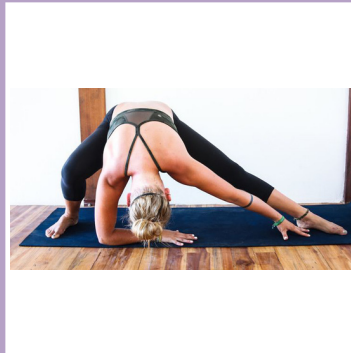
Ardha Chaturanga Dandasana



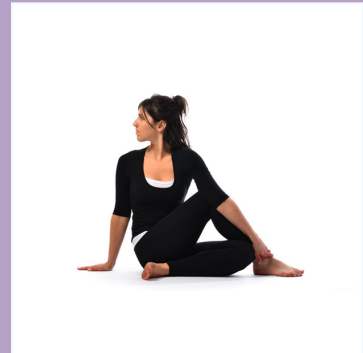
Somachandrasana I



Somachandrasana II



Sahaja Ardha Malasana



Ardha Matsyendrasana



Loto

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