



DEVI







JOGA CENTER




Z2

IN = VDIH
 EX = IZDIH
 H = ZADRŽI




1.  $\xrightarrow{\text{IN}}$  (8 x)


2.  $\xrightarrow{\text{EX}}$  (6 x) BALASANA

3.  $\xrightarrow{\text{IN}}$  $\xrightarrow{\text{EX}}$  $\xrightarrow{\text{IN}}$  $\xrightarrow{\text{EX}}$  $\xrightarrow{\text{IN}}$  (4x) SURJA NADASKAR

4.  $\xrightarrow{\text{IN}}$  $\xrightarrow{\text{EX}}$  (6x) UTKATASANA

5.  $\xrightarrow{\text{IN}}$  (6x) SETU BANDHASANA

6.  $\xrightarrow{\text{IN}}$  $\xrightarrow{\text{EX}}$  4x(L) 4x(D) JANUSHIRASANA

7. 

IN	H	EX	H	
3	0	4	0	(4x)
4	2	5	0	(4x)
4	4	4	0	(12x)

Samo za interno uporabo

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