
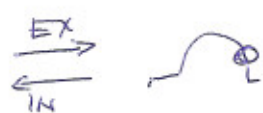

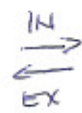

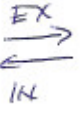

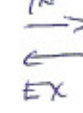

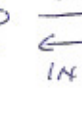

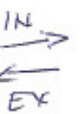




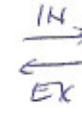


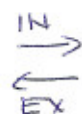

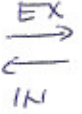












1.   MAČKA (8x)
2.         ZAKRIVAKASANA ZAPOREDJE (6x)
3.   TADASANA (6x)
4.    ARDHA CHANDRASANA (4xL / 4xD)
5.    VIRABHADRASANA
6.      ^{ALI}   UTTANASANA (6x)
7.     SETU BANDHASANA (6x)
8.  SHAVASANA

IN	EX	
3*	4*	(4x)
4	5	(4x)
4	4	(8x)

(*ENOTE SO SEKUNDE !)

Samo za interno uporabo