

10 min



liegende Anfangs-  
entspannung  
Körperreise

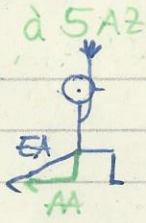
Atemräume (od. EA & AA) 30m 60m  
spüren à 5 AZ  
Nadi Shodana + Wechselatmung 3-5 Runden

à 5AZ



2 Sonnengruß C  
2 " A  
1 " B

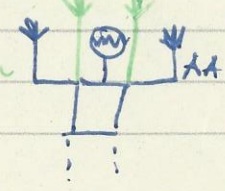
mit Variationen



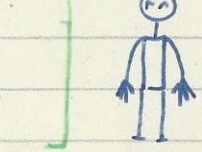
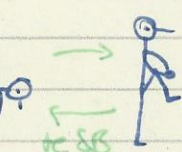
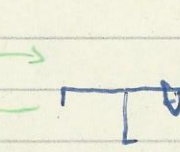
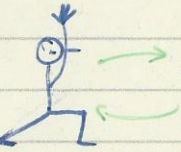
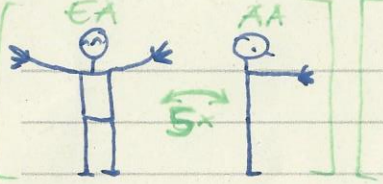
5AZ



lösen



à 5AZ



5AZ



5AZ



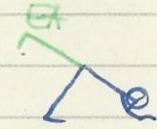
à 5AZ



5AZ



à 5AZ (Reinwechsel)



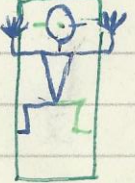
à 5AZ



3x



à 5AZ



à 5AZ



10-15 min



liegende End-  
entspannung  
Tandariereise

**Santosh**  
Mareike Gerstmann  
#santoshmareike  
0173 / 17 97 321  
info@santosh-mareike.de  
www.santosh-mareike.de

AZ - Atemzüge  
EA - Einatmung  
AA - Ausatmung  
à - je links & rechts  
Sonnengruße auf anderem Handout  
[ ] - Miniflows  
SB - Standbein  
Om - Zählzeiten

Kurs 18.9.19  
90 min