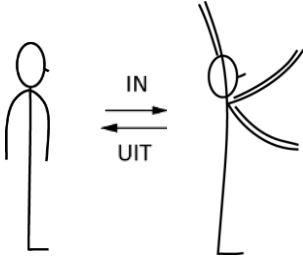
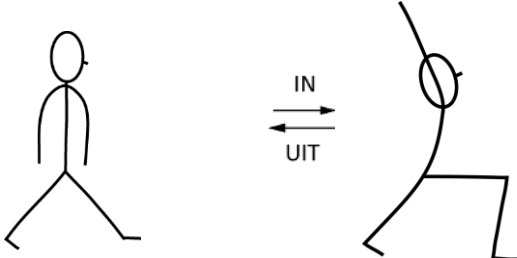
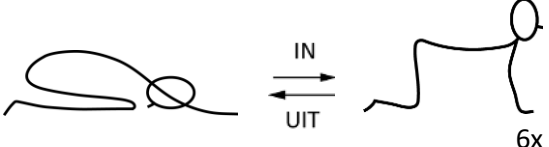




PURUSHA BASISOPLEIDING YOGADOCENT 200 UUR
ERKEND DOOR DE YOGA ALLIANCE

Naam : Voornaam :

Vervolledig de sessie.

<p>1.  2 x in elke armpositie Progressief de borstkas openen en de midden- en bovenrug oprichten</p>	<p>2.  links 6x DYN, dan 6 AH STAT idem rechts</p>
<p>3.</p>	<p>4.  +  6x 1 à 2 min</p>
<p>5.  6x DYN+6 AH STAT+VR</p>	<p>6.</p>
<p>7.</p>	
<p>8.</p>	<p>9.</p>