

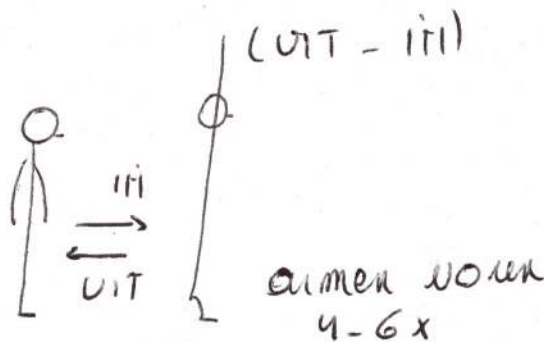


• uitlig supra b. kon. restorative + alternatief. (stoel + benen erop)

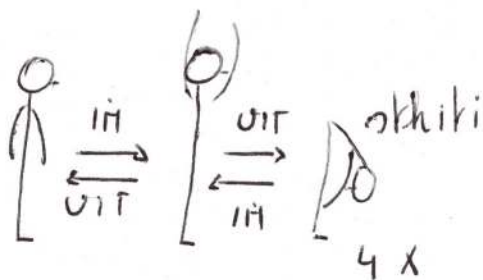


1 obo.
• aarden
• AH.

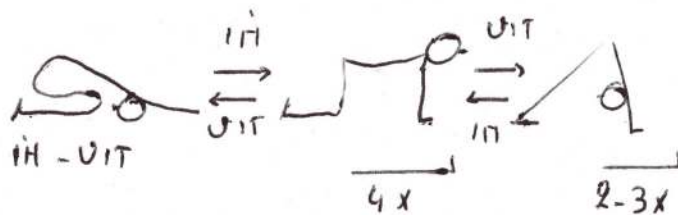
2



3



4



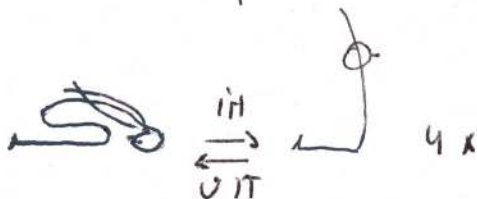
5



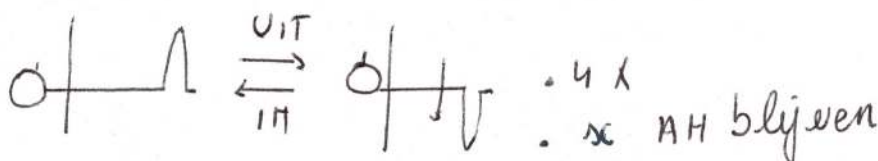
supra baddha komāsana restorative 15min.

+ of 0 <= <= rust

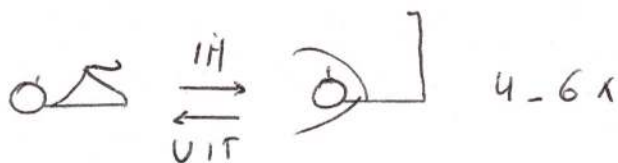
6



7



8



9



ligrelaxatie: autogene relaxatie + savāsana 10 min.

Benodigdheden:
of 5

- 1 matje
- dekens: 2 - 4 + 2 (handen | armen)
- bolstus: 2
- ronde kussens: 2 (knieën)
- blokken: 1 (voet) + 2 (handen)
- oogkussens: 1