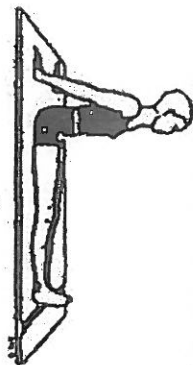


Pawanmuktasanas Teil 1 - antirheumatische Übungen für die Gelenke

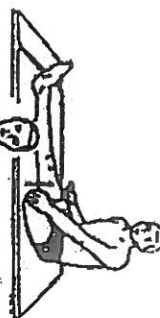
Pawanmuktasana Neu
Teil 1 (antirheumatische Asanas)

Parambhik Sthiti



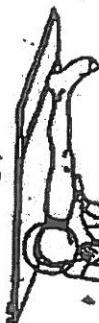
Grundhaltung

9. Ardha Trijagi Asana



halber Schmetterling

10. Shroni Chakra



Hüftkreisen

1. Padanguli Naman



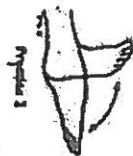
Zehen beugen

11. Poorna Trijagi Asana



ganzer Schmetterling

2. Goolf Naman



Fußgelenk beugen

12. Mushtika Bandhana



Finger spreizen und zusammenpressen

3. Goolf Chakra



Fußgelenk kreisen

13. Mantibandha Naman



Handgelenk beugen

4. Goolf Ghooran



Fußgelenk kurbeln

14. Mantibandha Chakra



Handgelenk kreisen

5. Janufalak Akarshan

Muskeln in Kniekehle kontrahieren

15. Kehuni Naman



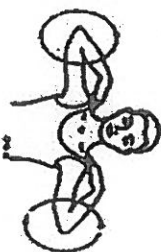
Ellbogen beugen

6. Janu Naman



Knie beugen

16. Sikandha Chakra



Schulter kreisen

7. Dwi Janu Naman

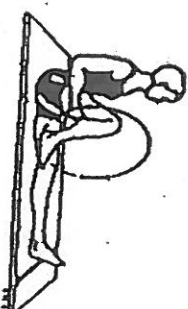
beide Knie beugen

17. Greva Sanchalana



Nackelbewegung

8. Janu Chakra



Knie kreisen