

surya namaskar – de zonnegroet

1. witaademen



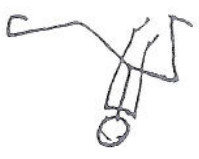
2. inaademen



3. witaademen



4. inaademen (rechter been gebogen)



5. adem vast



6. witaademen



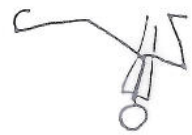
7. inaademen



8. adem vast



9. adem vast (linker been gebogen)



10. witaademen



11. inaademen



12. witaademen

