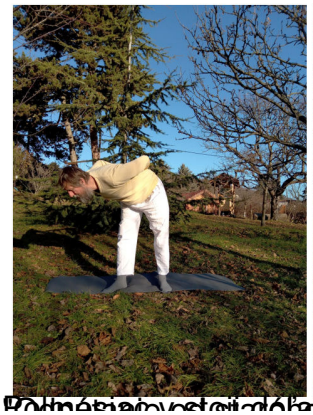
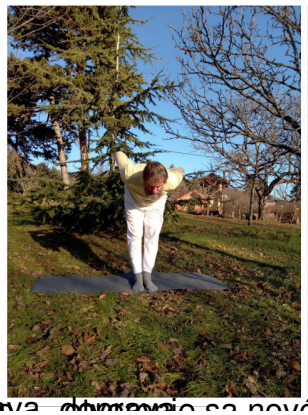
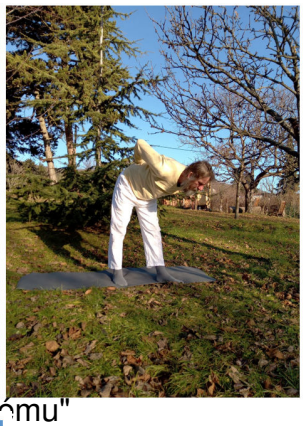
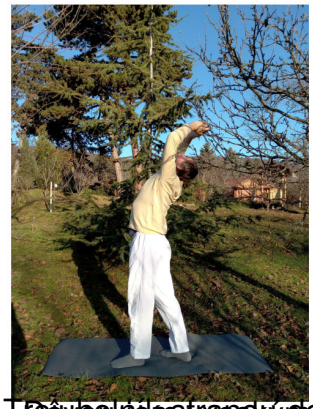
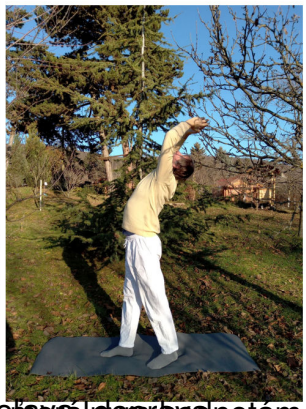
O joge   < cvičenia jogy < zostavy ásan späť

POZDRAV MESIACU
ČANDRA NAMASKAR

Kontemplácia (pohyby rukami)
Vzpriamovanie zospodu nahor
Preduchovnenie zhora nadol

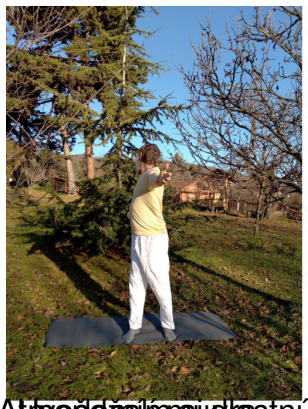
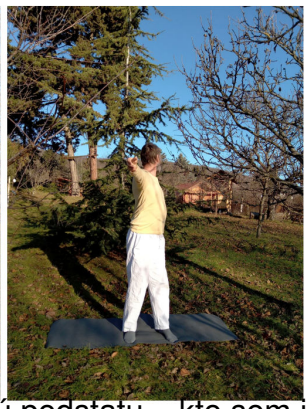
Predklony - poklony
Vľavo ---- Úcta ---- minulosť
vpravo ---- pokora ---- budúcnosť
do stredu ---- pokoj ---- prítomnosť

PARSVA TRIKONASANA - trojuholník stranou - Joga Nuraja na

TRIKONASANA - trojuholník - Joga Nuraja na

podstatu – kto som ja?"

O joge   < cvičenia jogy < zostavy ásan späť