

Hart Yoga Flow Heart Yoga Flow

Vuur. Golven met Hart Zonnegroeten var. Yang
Fire. Waves with Heart Sun Salutations var. Yang



Intentie, Garuda Mudra, vleugels openen
Intention, Garuda mudra, open wings

Utkatasana puls.

Hart openende armbewegingen
Heart opening arm movements



Uttanasana puls.

Bidasana puls. + rotat.

Pranam, Salabhasana var.
shoulders, shoulders rot.

Balasana stretch: Kapalabhati, Kumbaka, Agni Sara, Uddiyana Bandha
Adho Mukha Svanasana, Ardha Hanumanasana puls.

Virabhadrasana A - B var. + armb-m.: open hart, regenboog, zonsop(+onder)gang - open heart, rainbow, sunrise(+set)
Intentie- adem- energiestroom - Flow: intention, breath, energy



Utkatasana-Uttanasana var. + puls.

Anahata Asana puls., Sfinx - Sphinx var.

Bhujangasana, Urdhva Mukha Svanasana,
Chaturanga Dandasana var. + puls.

Adho Mukha Svanasana var. + puls.
de stappende hond - walking dog

Virabhadrasana A - B var. + armb-m.: Shiva Natha, aarde <> hart <> naar voren - earth <> heart <> forwards
Intentie- adem- energiestroom - Flow: intention, breath, energy



Utkatasana-Uttanasana var.

Bidasana-Adho Mukha Svanasana var. + puls.
ellebogen gebogen - turbo dog - elbows bent

Vasisthasana var.
zijwaartse plank - side plank heart opener

Adho Mukha Svanasana var. + puls.
been-heup - hip-leg rotat.

Virabhadrasana A - B var. + armb-m.: Samana <> Vyana Vayu, Parsva Virabhadrasana, Garudasana arm.,
hemel <> hart <> aarde - heaven <> heart <> earth
Intentie- adem- energiestroom - Flow: intention, breath, energy