



Mountain

4



Mountain with Arms Up



Standing Forward Bend



Halfway Lift



Lunge



Plank



Low Push-up



High Cobra

4



Low Cobra



Box



Downward-Facing Dog



Three Legged Downward-Facing Dog



Lunge



Halfway Lift



Standing Forward Bend



Mountain with Arms Up



Mountain

Yoga För "Stela" Män - (mod) Surya Namaskar A - Dennis Rudin

7 Dec 2019 • Vinyasa Yoga • 7 min

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