



Mountain



Mountain with Prayer Hands



Awkward



Chair



Standing Forward Bend



Halfway Lift



Lunge



Plank



Low Push-up



High Cobra



Low Cobra



Box



Downward-Facing Dog



Three Legged Downward-Facin...



Lunge



Crescent Lunge



Lunge



Lunge with Arm Extended Up



Lunge



Plank



Low Push-up



High Cobra



Low Cobra



Box

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

7 Dec 2019 • Vinyasa Yoga • 7 min

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