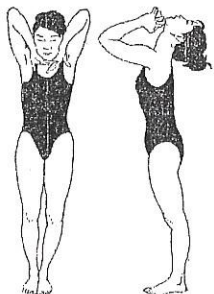


**bikram jóga – úvodní sestava pozic a dechových cvičení**

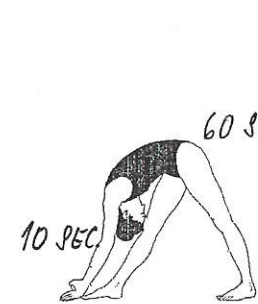
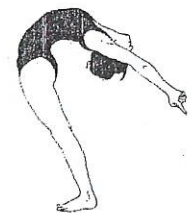


první dechové cvičení



10 SEC.

p. 1



10 SEC.

p. 10



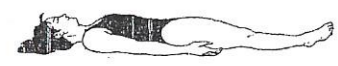
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p. 11



10 SEC.

p. 12



2 MINUTY

p. 13



10 SEC.

p. 2



10 SEC.

p. 3



10 SEC.

p. 4



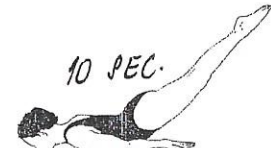
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p. 14



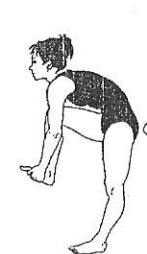
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p. 15



10 SEC.

p. 16



p. 5

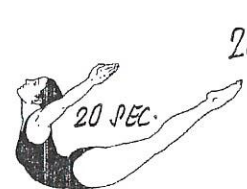


60 SEC.



60 SEC.

p. 6



p. 17



20 SEC.

p. 18



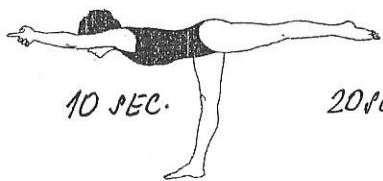
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p. 19



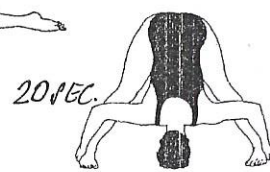
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p. 20



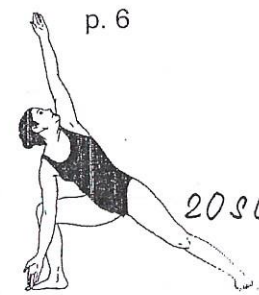
10 SEC.

p. 7



20 SEC.

p. 8



20 SEC.

p. 9



20 SEC.

p. 21



20 SEC.

p. 22



10 SEC.

p. 23



10 SEC.

p. 24



20 SEC.

p. 25



50 CYKLŮ

druhé dechové cvičení

KAPALA BĀṬY