

S V E J A R

Yoga för kort paus på jobbet



Urdhva Hastasana, with chair



Baddhanguliyasana, with chair



Paschima Baddhanguliyasana



Gomukhasana preparation



Garudasana, with chair



Bharadvajasana I, with chair



Ardha Uttanasana, with chair



Namaskarasana, sitting