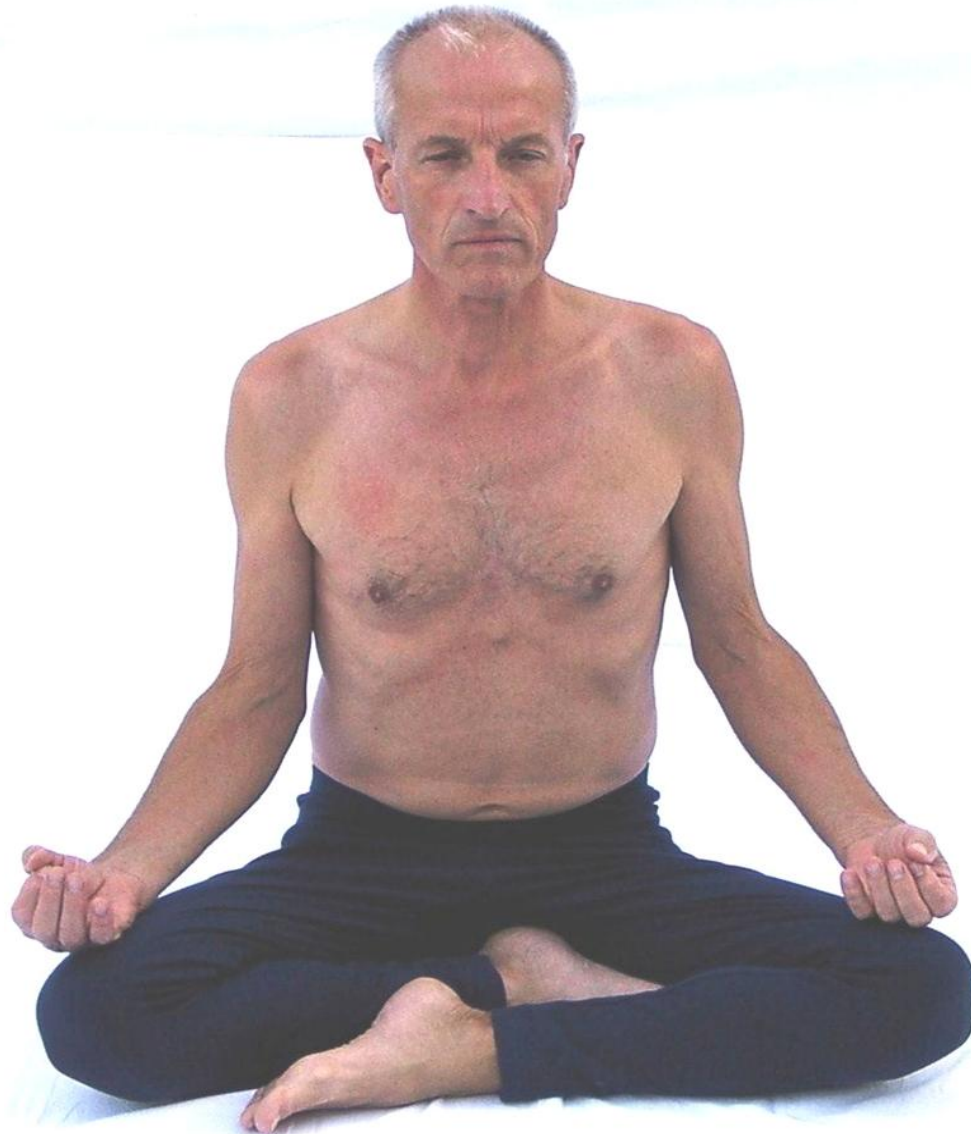


# HATHA YOGA

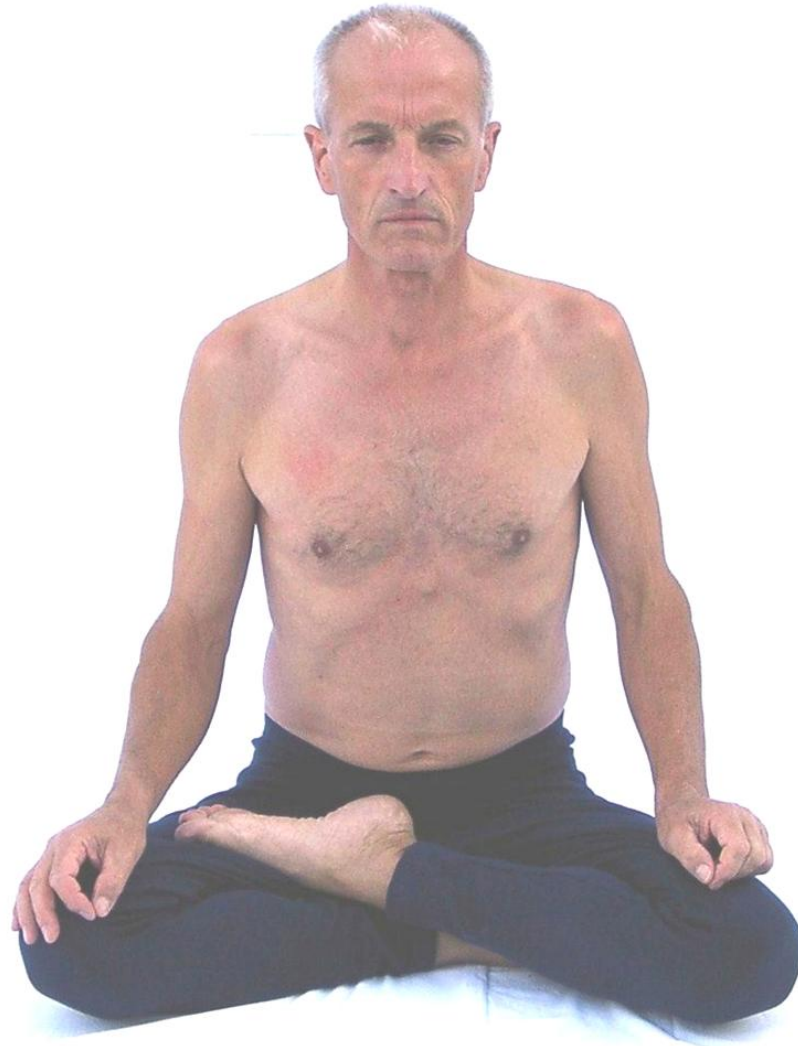
# KRIYAS & ASANAS



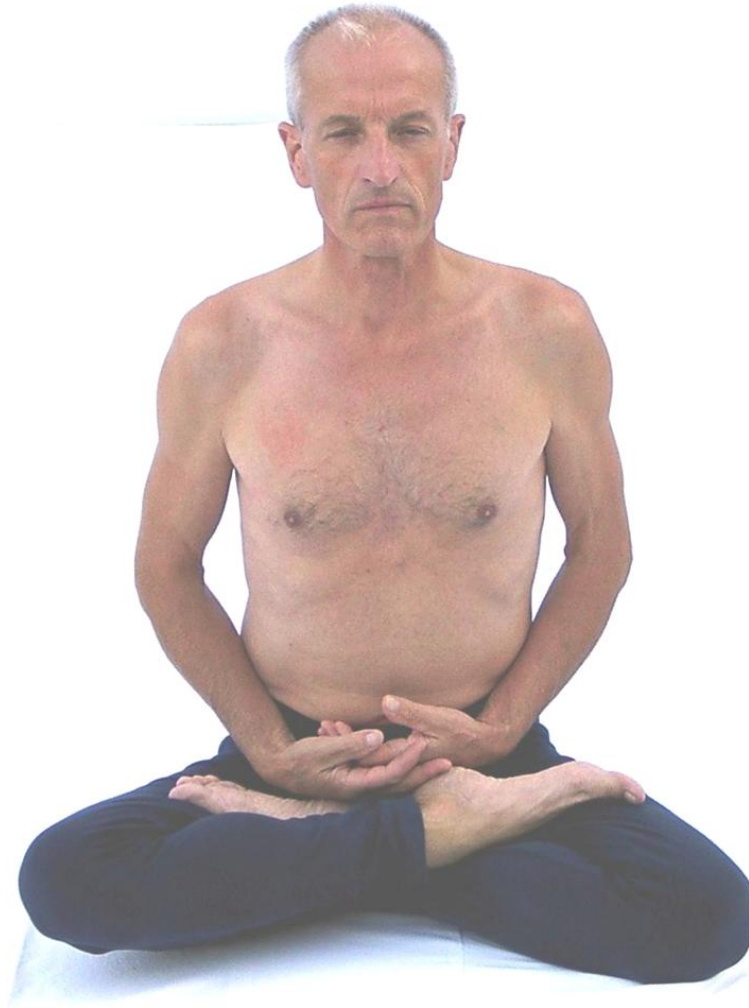
# SUKHASANA - GEMAKKELIJKE ZITHOUDING



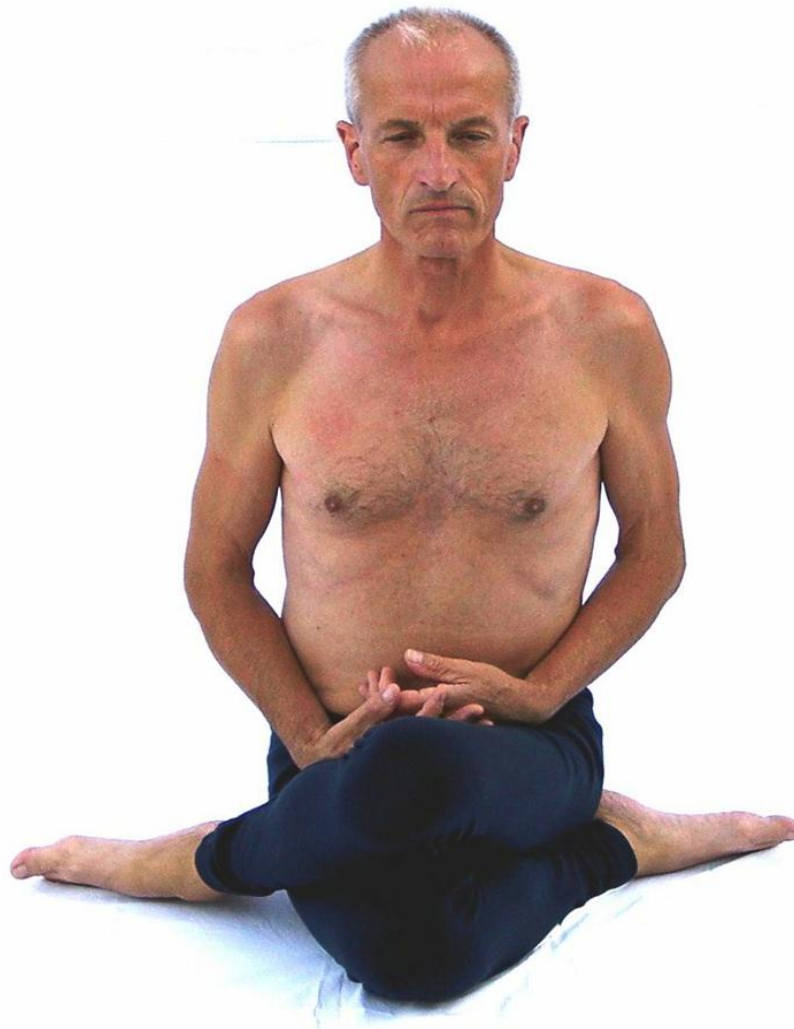
# ARDHA PADMASANA - HALVE LOTUS



# PADMASANA - LOTUS

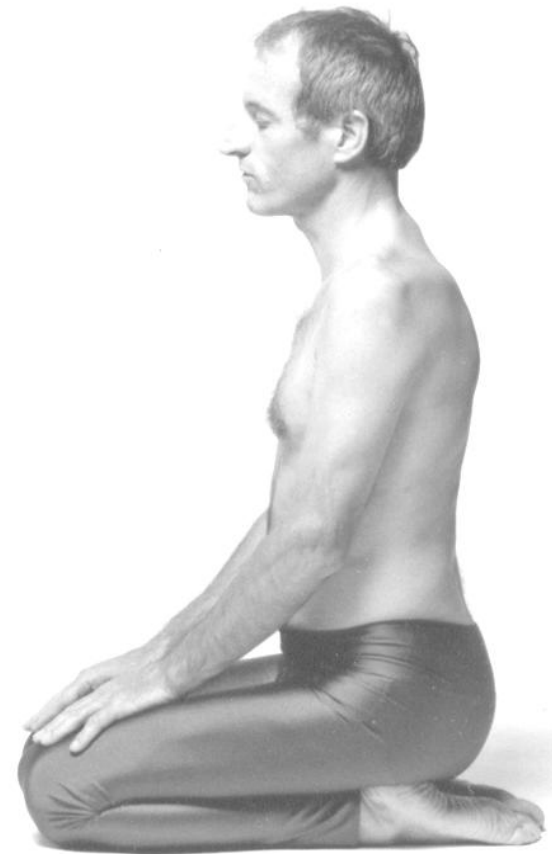
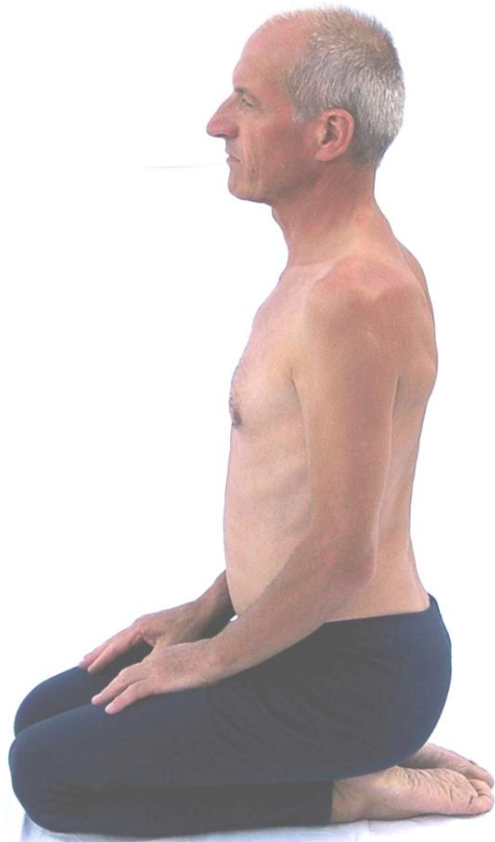


# VERASANA - HELDENHOUDING





# VAJRASANA - DIAMANTHOUDING



# KRIYA - REKKEN

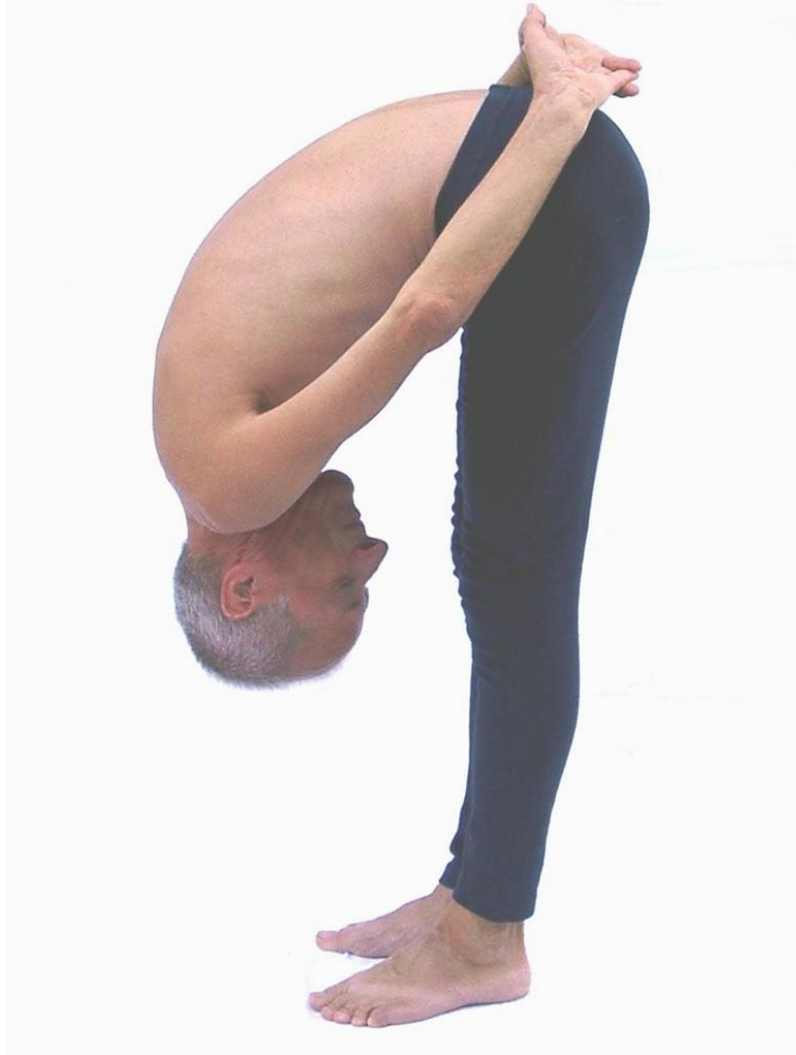




# KRIYA - BUIGEN LINKS EN RECHTS



# KRIYA - VOORWAARTSE BUIGING



# KRIYA - ACHTERWAARTSE BUIGING



# KRIYA - STOELHOUDING



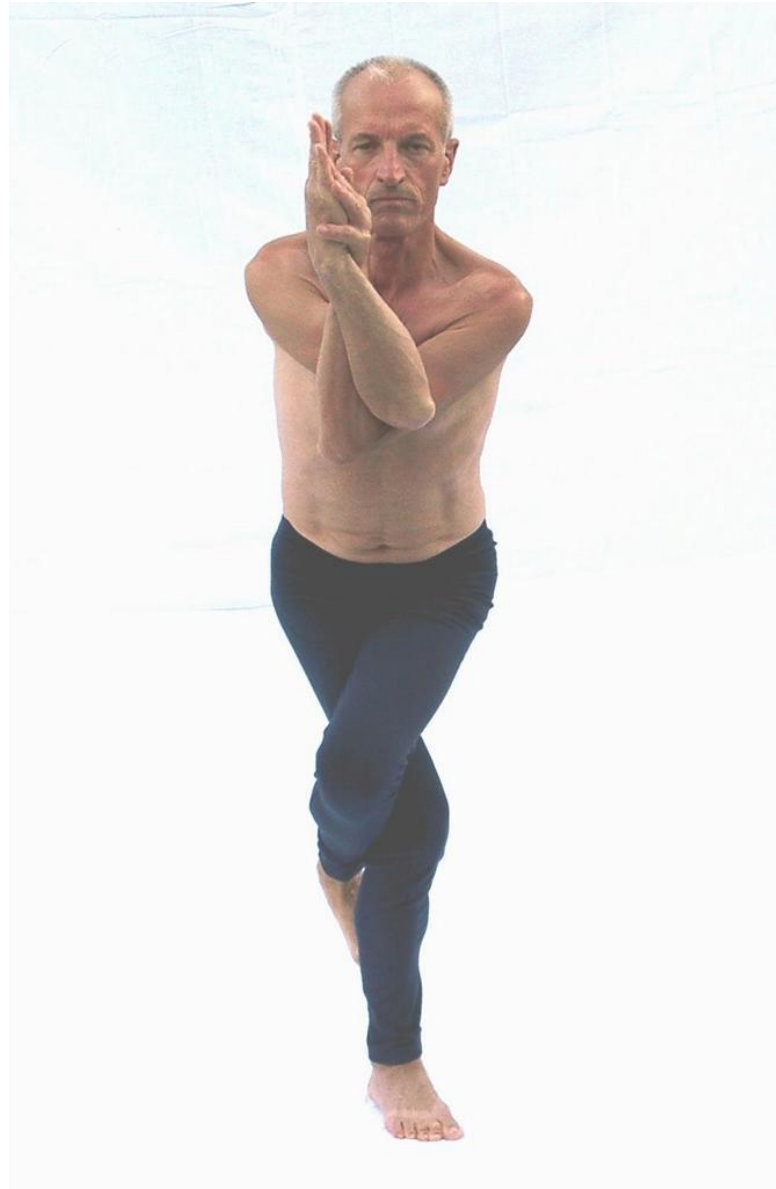
# SURYANAMASKARA - GROET AAN DE ZON



# VRIKSHASANA - BOOM HOUDING

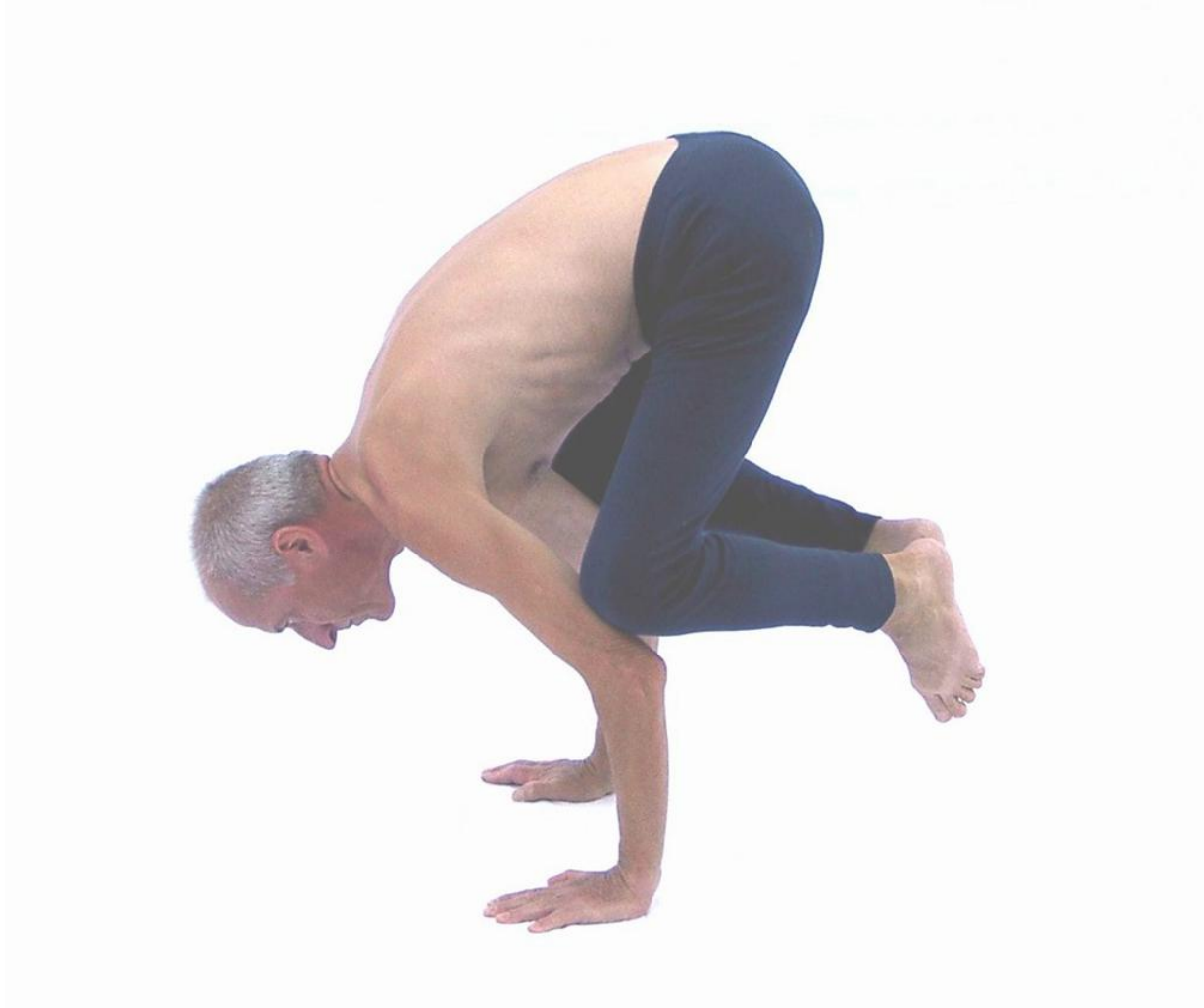


# GAROEDHA - ADELAAR

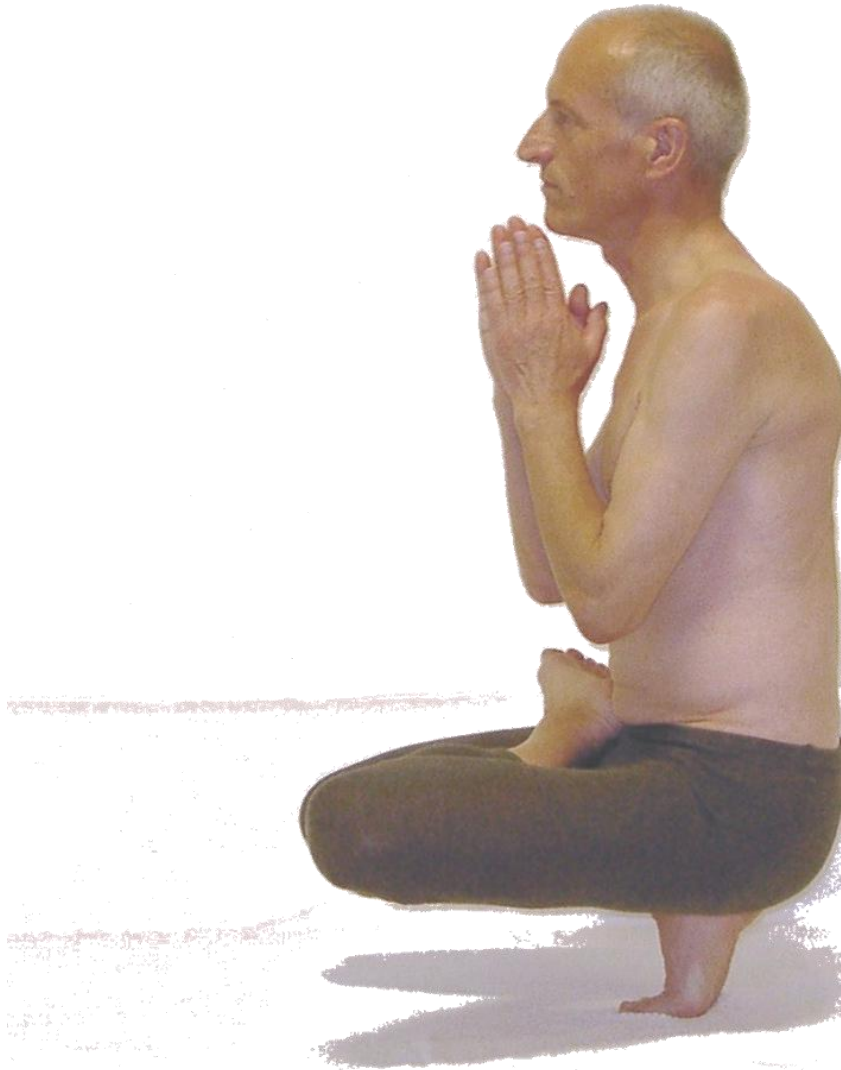




# KAKASANA - KRAAI



# PADANGUSTASANA - TEENTOP



# YESTIKASANA

## BESTE OF STOKHOUDING



# ARDHA BHUJANGASANA

## HALVE COBRA



# BHUJANGASANA - COBRA



# SHALABHASANA

## SPRINKHAAN UITGANGSHOUDING



# ARDHA SHALABHASANA

## HALVE SPRINKHAAN





# SHALABHASANA

## SPRINKHAAN



# ARDHA DHANURASANA

## HALVE BOOG



# DHANURASANA - BOOG



# NAUKASANA - BOOT



# ARDHA CHAKRASANA

## HALVE WIEL



# PADAHASTASANA

## VOORWAARTSE BUIGING STAAND



# PASCHIMOTHASANA

## VOORWAARTSE BUIGING





# VIPARITA KARANIE

## OMGEKEERDE HOUDING



# SARVANGASANA

## ALLE DELEN HOUDING



# HALASANA - PLOEG (1)



# HALASANA - PLOEG (2)



# KARNAPEETASANA

## KNIE OOR



# ARDHA SIRSHASANA

## HALVE KOPSTAND



# SIRSHASANA

## KOPSTAND





# SIRSHASANA - PADMASANA

## KOPSTAND MET LOTUS



# MATSYASANA

## VISHOUDING



# MATSYASANA - PADMASANA

## VIS MET LOTUS



# SETU BANDHASANA

## BRUGHOUDING



# MATSYENDRASANA - TORSIE ZITTEND



# TORSIE LIGGEND



# MAYURASANA - PAUWENSTAND



# SUPTA VAJRASANA

## SLAPENDE DIAMANT





# DWIPADA SIRSHASANA

## YOGA SLAAP



# SHAVASANA

## LIJKHOUDING - ONTSPANNING

