Here you find the links to 6 videos on youtube.

For each one prepare 10 instructions. The instructions shoud be about the original position, breathing, changes in the positions, repetition…..

*For example: Lehněte si na břicho, zvedněte hlavu/zakloňte hlavu, dýchejte pomalu, nadechněte se zhluboka….*

1. <https://www.youtube.com/watch?reload=9&v=oQhr-C65w0A>
2. <https://www.youtube.com/watch?v=wfUo8_3Nv90>
3. <https://www.youtube.com/watch?v=slp-Kf006H8>
4. <https://www.youtube.com/watch?v=U5Hrc0-Qo2A>
5. <https://www.youtube.com/watch?v=rULPpXHvMDA>
6. <https://www.youtube.com/watch?v=rFDelgf3Gxw>