

Here you find the links to 6 videos on youtube.

For each one prepare 10 instructions. The instructions should 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=rFDeIgf3Gxw>