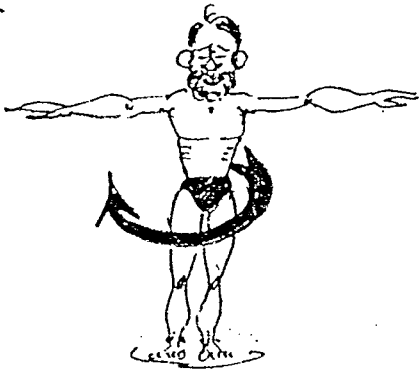


# 5 TIBETŮ

1. cvik



OTÁČENÍ VE SMĚRU CHODU HODINOVÝCH RAČÍČEK

21 x

HLUBOKÝ NÁDECH NOSEM, VÝDECH ÚSTY

2. cvik

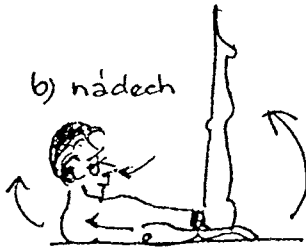
21 x

(nohy u sebe)

a) urovnání dechu



b) nádech



c) výdech

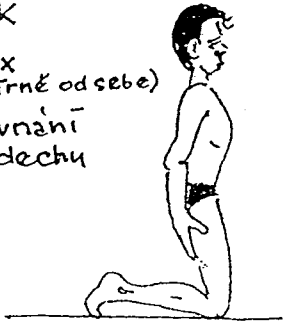


3. cvik

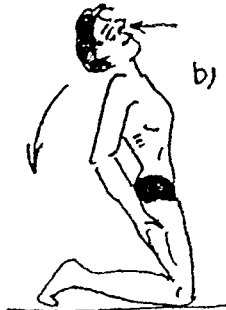
21 x

(nohy mírně od sebe)

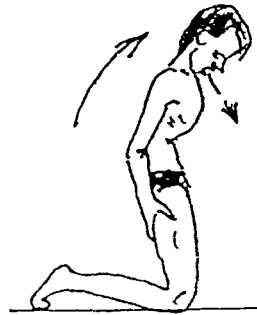
a) urovnání dechu



b) nádech



c) výdech

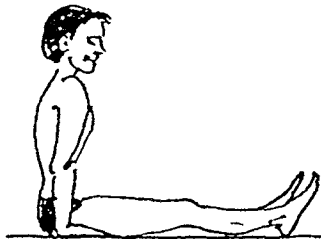


4. cvik

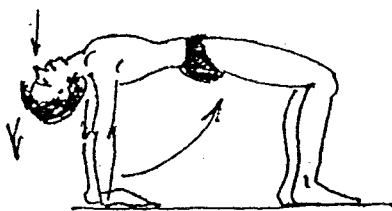
21 x

(nohy mírně od sebe)

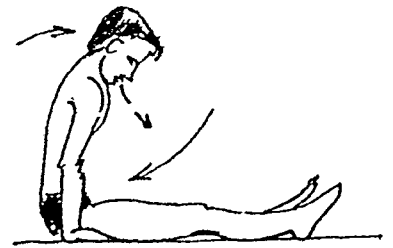
a) urovnání dechu



b) nádech



c) výdech

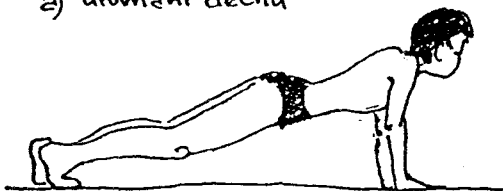


5. cvik

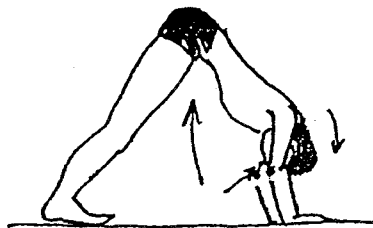
21 x

(nohy asi 60cm od sebe)

a) urovnání dechu



b) nádech



c) výdech

