
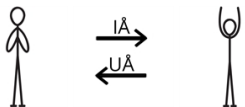
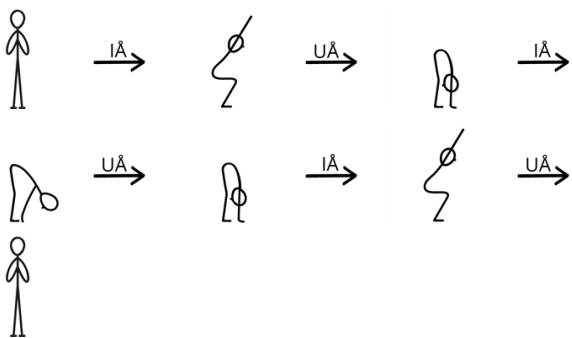
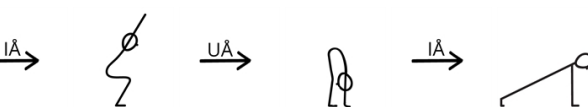
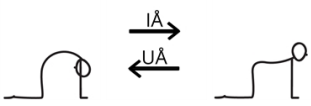
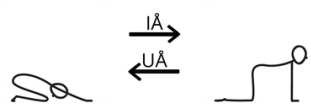
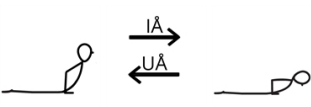

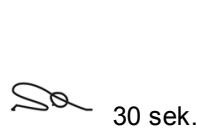
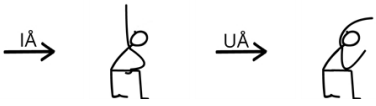
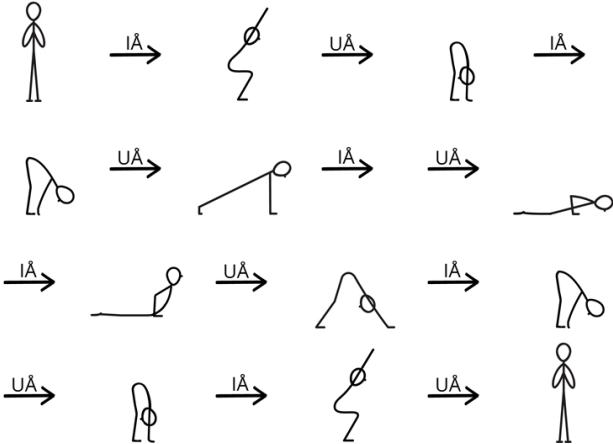







# Varmende morgenflow

Ca. 20 min.

1.		Bjergstilling - "Flyv fugl flyv"
2.		"Tegn solen" Gentag 3 gange
3.		Solhilsen 1 Gentag 3 gange
4.		Planke 20 sek.
5.		Kat - Ko mini-flow 1-2 min.
6.		Kat - Barnets stilling mini-flow 1-2 min.
7.		Kobra mini-flow 1-2 min.
8.		Hundestrækket
9.		Barnets stilling - bred 30 sek.

## Varmende morgenflow

10.		<p>Sidestræk på knæ 1 gang til hver side</p>	
11.		<p>Solhilsen 2 Gentag 3-4 gange</p>	
12.		<p>Low Lunge twist - High Lunge twist 1 gang til hver side</p>	
13.	 30 sek.	<p>Hundestrækket</p>	
14.	 30 sek.	<p>Barnets stilling</p>	
15.	 30 sek.	<p>Tordenkile-stilling</p>	
16.	 5-8 min.	<p>Hvilestilling i to variationer</p>	