

Navn : .....

Klasse : .....

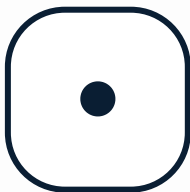
# Terninge Yoga

Kast terningen og udfør den yogastilling, der passer til det tal, du slår.



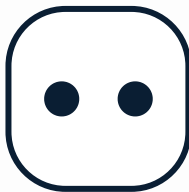
**Viveksana**

Indsigt



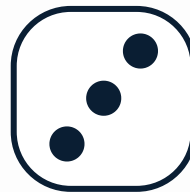
**Utthita Trikonasana**

Trekant



**Vatayanasana**

Hesten



**Bhujangsana**

Kobraen



**Ardha Chandrasana**

Halvmånen



**Ardha Padmasana**

Halv lotus

