

รูปภาพ 10 ทำฝึกโยคะ กับความเหมือนที่แตกต่าง(เครียดๆจากงานริบดูห้ามพลาด!!!)

นำเสนอเมื่อ : 21 ก.ค. 2552

รูปภาพ 10 ทำฝึกโยคะ กับความเหมือนที่แตกต่าง 

Savasana

Savasana is a pose of total relaxation—making it one of the most challenging asanas.





Balasana

Balasana is a useful pose that can be sequenced between more challenging asanas.





Setu Bandha Sarvangasana

The bridge pose calms the brain and rejuvenates tired legs.





Marjaryasana

This pose provides a gentle massage to the spine and belly organs.





Halasana

Plow Pose relaxes the neck and can help you get to sleep.





Dolphin

A nice shoulder-opening. Also strengthens the core, arms, and legs.





Salambhasana

An effective means for strengthening the back of the torso, legs, and arms in preparation for the deeper backbends.





Ananda Balasana

This pose gently brings a greater awareness to the hip joints.





Malasana

This pose stretches the ankles, groin, and back torso. If your heels don't reach the floor, rest them on a folded blanket.





Pigeon Pose

Tone your body, improve your flexibility and de-stress your mind.





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