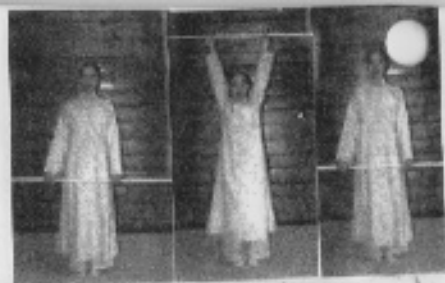




5x In/uitademen
rust positie

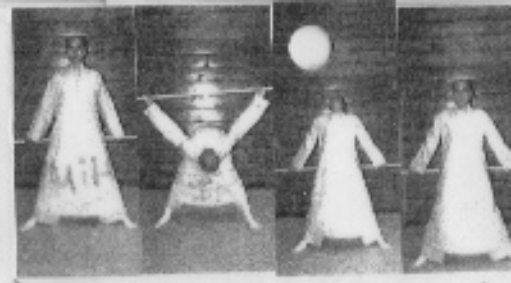


15x ademhaling
in reguleren

✂
kit



1) 10x Kijken naar de Lucht



2) 10x Kijken naar de aarde



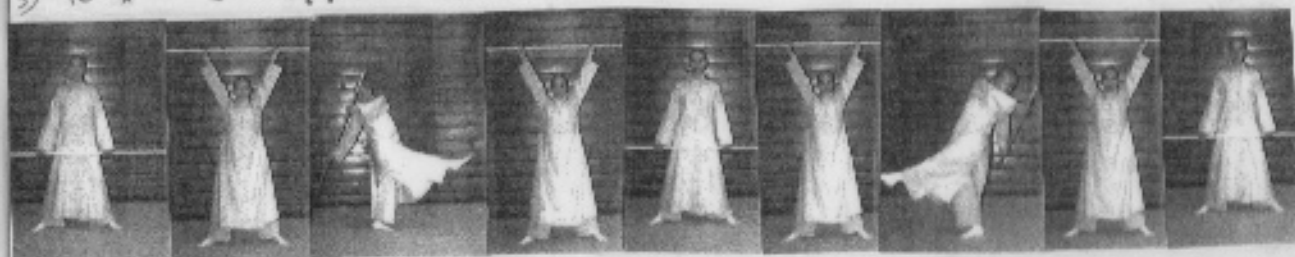
3) 10x Links en rechts
twisten



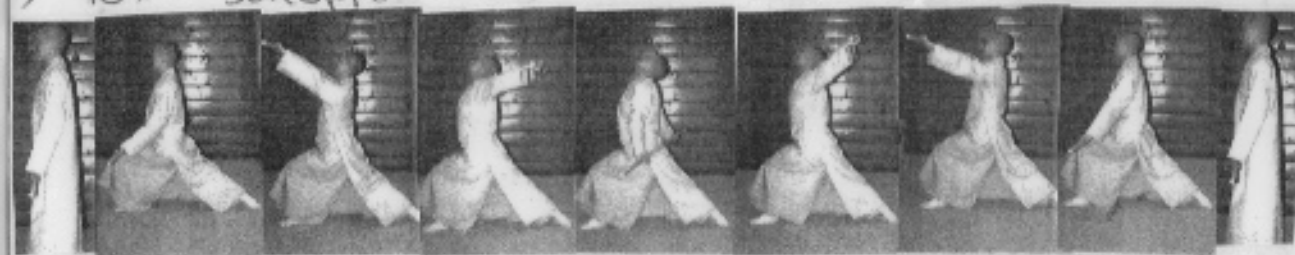
4) 10x van links → rechts
van boven → beneden



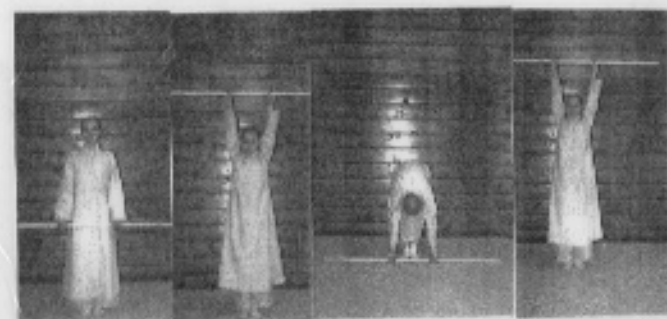
5) 10x Schoppen naar de lucht



6) 10x Schoppen naar links en rechts



7) 10x draak geeft eel aan de koning



8) met 2 handen de grond raken