

# Calligraphy Yoga DVD

Vo videu účinkujú: Master Yang, Kate Luck

Názov DVD

Sada cvikov

Fotodokumentace

STOJACI STROM (Standing Tree)

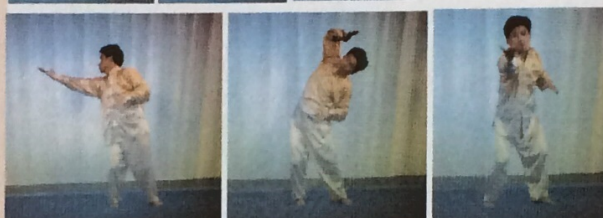


ŽMURKAJÚCA KORYTNAČKA (Peeking Turtle)



Basics 1

TANCUJÚCI DRAK (Dancing Dragon)



VLAJÚCA STUHA (Follow Ribbon)



TANEC KOBRY (Cobra Dancing)



VLNIACI SA DRAK (Flowing Dragon)

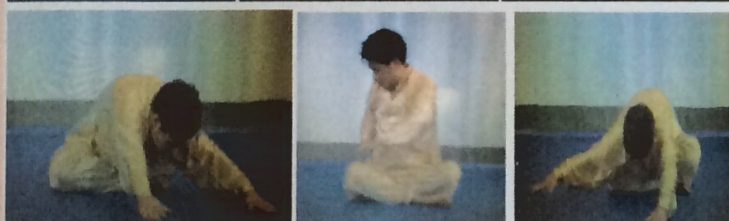


CHVOST DRAKA (Dragon Tail)



Basics 2

ZAMETAJÚCI CHVOST (Sweeping Tail)



ROZŤAHOVANIE VTÁČICH KRÍDIEL (Bird Stretches Wing)



DANTIANOV DYCH (Dan Tian Breath)

RANNÝ VÁNOK (Morning Breeze)



OPIČIE PRETIAHNUTIE (Monkey Stretches)



Basics 3

OPIČÍ POSTOJ (Monkey Stading)



EMU PRETIAHNUTIE (Emu Stretch)



ŽERIAV HRAJÚCI SA S VODOU (Crane Playing Water)



POSTOJ ORLA (Eagle Standing)



Basics 4

ENERGETICKÝ TRANSFER (Energy Transfer)



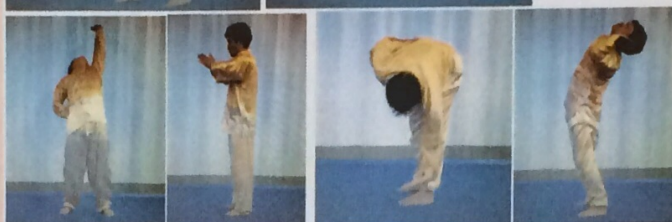
PÁVÍ TANEC (Peacock Dancing)



OBJÍMANIE STROMU (Hugging Tree)



ROZŤAHOVANIE KRÍDIEL (Spreading Wings)

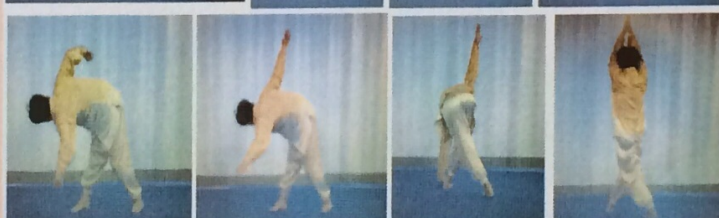


Basics 5

POSTOJ USTRICE (Oyster Standing)



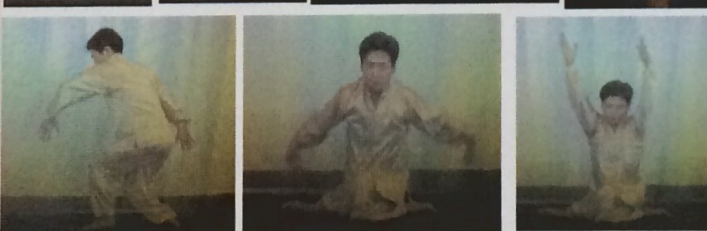
JARNÝ KVET (Spring Flower)



OTVÁRANIE PÁVIEHO CHVOSTA (Peacock Opening T

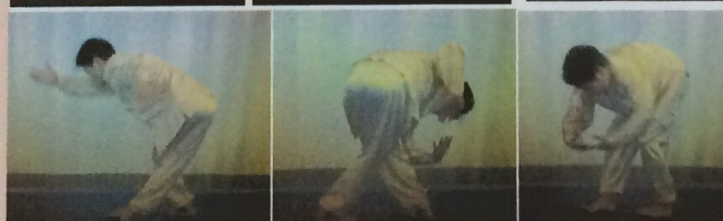


CHÔDZA KURAŤA (Chicken Walking)



Basics 6

ŠPIRÁLOVITÁ ENERGIA (Spiral Energy)



VODNÝ DRÁK (Water Dragon)

