

TIP

Zur Vorbereitung können der Pfannkuchen-Stretch (Asana Nr. 39), die Vorbeuge (Asana Nr. 3) und die Verbundene Hocke (Asana Nr. 46) geübt werden.

Prepare yourself by practicing Pancake (asana no. 39), Forward Fold (asana no. 3) and Bound Squat (asana no. 46) prior to practicing Kurmasana.

