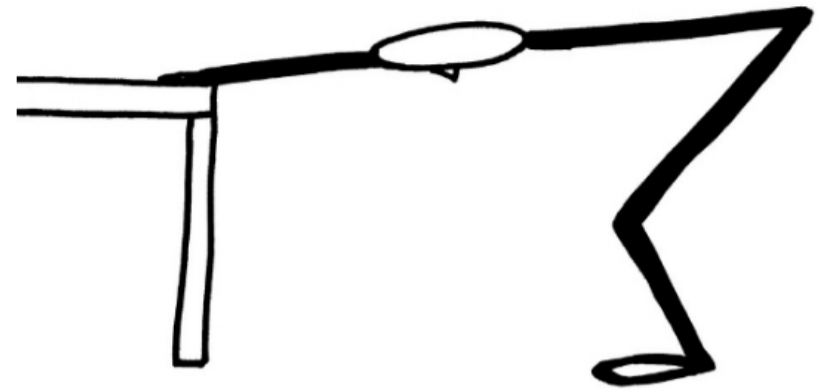
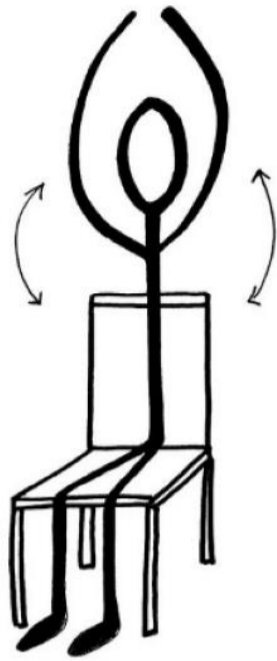


# KONTORIJOOGA

2. Selja venitus



1. Käte tõstmine üles-alla



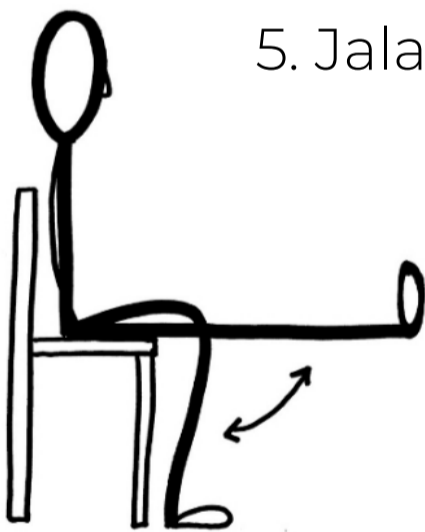
3. Ette painutus



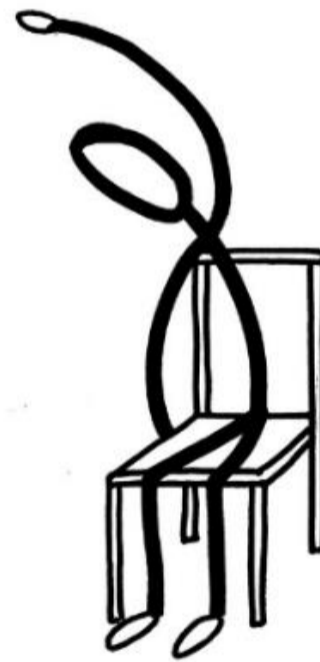
4. Kanna tõsted



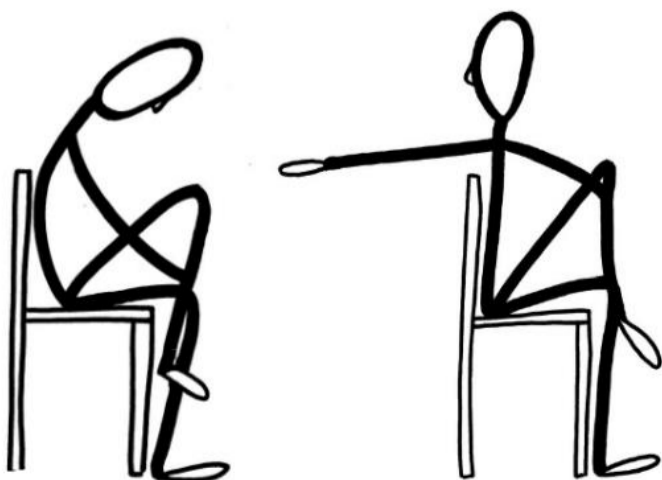
5. Jala tõsted



6. Küljele painutus



7. Põlve kõverdus ja kerepööre



8. Püsti-istuli, istuli-püsti!

