

Демонстрация: Йога техники, които можете да практикувате у дома – Ива Благоева и Спас Спасов, Тимшел Йога

Демонстрация: Атрактивни йога асани, показвани на световните йога подиуми и състезания – Ива Благоева и Спас Спасов, Тимшел Йога



ТИМШЕЛ
ЙОГА ЦЕНТЪР

📍 Лозенец ул. Брежа 6 ☎ 0899 06 40 91 🌐 [TimshelYoga](https://www.TimshelYoga.com)

A woman in a black leotard is performing a handstand on the back of another woman who is lying on her back on a green mat. The woman on the floor is wearing a black leotard and black leggings. The woman on the handstand is wearing a black leotard and black leggings. They are in a room with a large mural on the wall and a red curtain in the background.

 ॐ मित्राय नमः
om mitrayā namaḥ
Prostration to Him who is affectionate to all.

 ॐ रवये नमः
om ravaye namaḥ
Prostration to Him who is the cause for change.

 ॐ सूर्याय नमः
om sūryāya namaḥ
Prostration to Him who induces activity.

 ॐ भावये नमः
om bhāvaye namaḥ
Prostration to Him who diffuses Light.

 ॐ स्वयं नमः
om khagaya namaḥ
Prostration to Him who moves in the sky.

 ॐ पूषे नमः
om pūṣe namaḥ
Prostration to Him who nourishes all.

 ॐ हिरण्यगर्भाय नमः
om hiraṇyagarbhāya namaḥ
Prostration to Him who contains everything.

 ॐ मरीचये नमः
om marīcaye namaḥ
Prostration to Him who possesses rays.

 ॐ आदित्याय नमः
om adityāya namaḥ
Prostration to Him who is God of gods.

 ॐ सवित्रे नमः
om savitre namaḥ
Prostration to Him who produces everything.

 ॐ अर्काय नमः
om arkāya namaḥ
Prostration to Him who is fit to be worshipped.

 ॐ भास्कराय नमः
om bhaskaraya namaḥ
Prostration to Him who is the cause of bastra.

