**Savasana**

Maak je klaar voor de Savasana[pause weak] oftewel eindontspanning. dit ontspant je lichaam na het doen van alle houdingen.[pause weak] Het vult alle cellen in je lichaam met nieuwe levensenergie, waardoor je lichaam zich weer oplaadt.[pause weak] Het bevordert de stilte van je geest en traint overgave en loslaten. [pause weak]  
Als je wilt kun je sokken aantrekken en een kleed over je heen leggen voor extra geborgenheid, je lichaam gaat ook afkoelen.[pause weak] Het is aan te raden om een kussen of yoga bolster onder je knieën te leggen voor extra ontspanning in je bekkengebied.  
  
Je krijgt 45 seconden om je kleedje of bolster te pakken.

[pause strong][pause strong][pause strong][pause strong][pause strong][pause strong][pause strong][pause strong][pause strong][pause strong][pause strong][pause strong][pause strong][pause strong][pause strong]

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**Adem diep in,** span al je spieren aan.[pause strong] Je benen,[pause strong] armen,[pause strong] vuisten,[pause strong] billen,[pause strong] schouders en nek.[pause strong]   
**Adem diep uit,** laat alle spanning los. leg je benen gestrekt uit elkaar, voeten vallen naar buiten, armen wat van het lichaam vandaan, je handen liggen met de rug van je hand op de vloer. Je nek is lang, leg je achterhoofd iets verder naar achter. [pause strong]   
Geniet van de sensaties die je lichaam en de ruimte om je heen hebben te bieden. [pause weak]Schrik niet als er emoties loskomen of veel gedachten rond dwalen.[pause weak] Oordeel hier niet over.   
  
We gaan ongeveer 7 minuten hier liggen in kalmte, ik help jullie met het ontspannen.

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Langzaam mag je beweging brengen in je vingers en tenen. Strek jezelf even uit als dat nodig is.   
Kom dan rustig omhoog tot een zittende houding. [pause strong][pause strong][pause strong][pause strong][pause strong]

Plaats je handen tegen elkaar en leg je duimen tussen je wenkbrauwen voor positieve gedachten. [pause weak]  
Vervolgens gaan de duimen langs je lippen voor liefdevolle woorden.[pause weak]  
Duimen bij het hart voor jouw gevoel. [pause weak]

Namaste.[pause weak]

Blijf Flexibel, Blijf Foxing Fit.