

Stundeneinheit 1A

Savasana

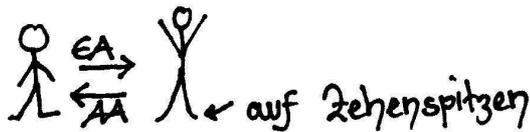


Standhaltungen

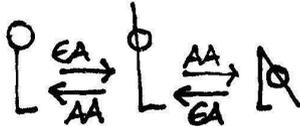
1. Tadasana



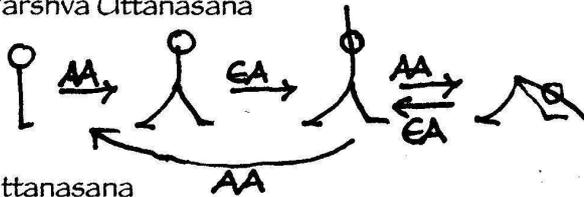
2. Variation Tadasana



3. Uttanasana



4. Parshva Uttanasana



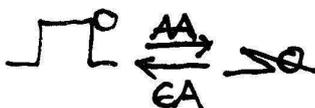
5. Uttanasana



Cakravakasana (Cakra-Vogel Haltung/Vierfüßlerstand)

1. Wirbelsäule durcharbeiten

2. Cakravakasana

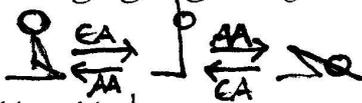


3. Yoga Mudra



Vajrasana (Diamanthalung)

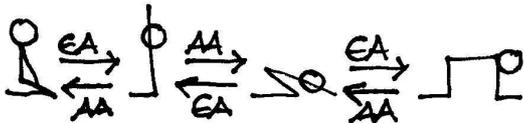
1. Bewegungsfolge (Viniyasa)



2. Yoga Mudra



Viniyasa in Kombination Cakravakasana und Vajrasana



Yoga Mudra

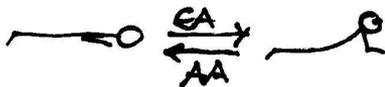
Adho mukha shvanasana



Yoga Mudra

Bauchlage

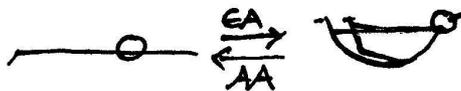
1. Bhujangasana



2. Ardha dhanurasana



3. Dhanurasana



4. Variante shalabasana

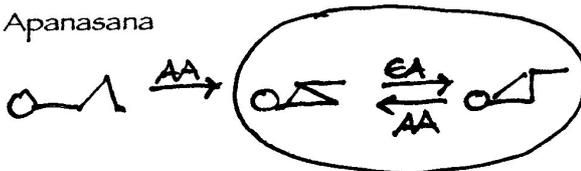


5. shalabasana



Rückenlage

1. Apanasana



2. Halbmond im Liegen



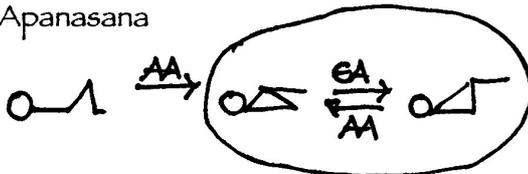
3. Dvipada pithamasana (Hockerhaltung mit zwei Beinen/Schulterbrücke)



4. Jalathara parivritti

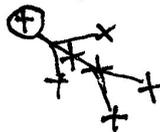


5. Apanasana



Pranayama

Liegend: Yogavollatmung (Bauch-/Brust-/Schlüsselbeinatmung)
"Körperatmung" je 3 Atemzüge



Savasana

