

Stundeneinheit 1

Savasana



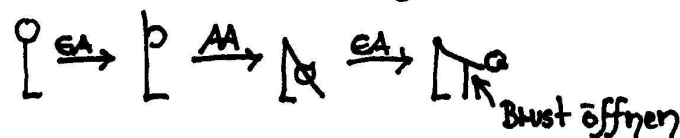
Mantra: Hram Hrim Hrum Hraim Hraum Hram Hraha

Übungen Fokus Brustraum

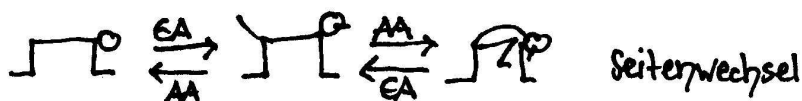
3. Virabhadrasana (Heldenhaltung)



4. Variation Uttanasana (Vorbeuge im Stand)



5. Variation Cakravakasana (Haltung des Cakra-Vogels/ Vierfüßlerstand)



6. Variation zu Ushtrasana (Kamelhaltung)

1. Variation



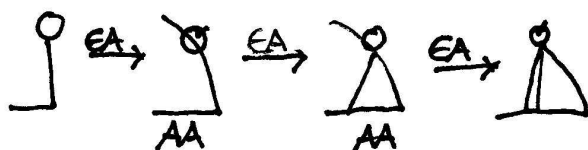
2. Variation



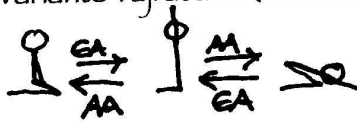
3. Variation (Ardha Ushtrasana/Halbes Kamel)



4. Ushtrasana

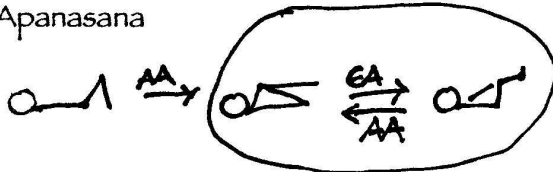


7. Variante Vajrasana (Diamant-Haltung)

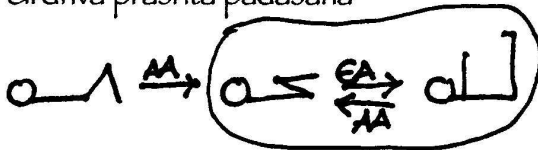


Übungen Fokus Beckenraum/ dann Kopfbereich

1. Apanasana



2. Urdhva prasrita padasana



3. Viparita karani mudra (Umkehrhaltung)



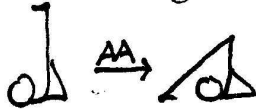
4. Sarvangasana (Schulterstand)



5. Eka pada sarvangasana (Ein-Fuß-Schulterstand)



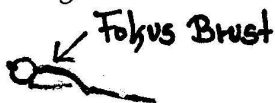
6. Halasana (Pflughaltung)



7. Dvipada Pithamasana (Hockerhaltung mit zwei Beinen/Schulterbrücke)



8. Matsyaasana (Fischhaltung)



9. Apanasana

Pranayama



Sitzhaltung: Kapalabhati (leuchtender Schädel)

Savasana