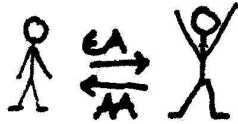


## Stundeneinheit 2A

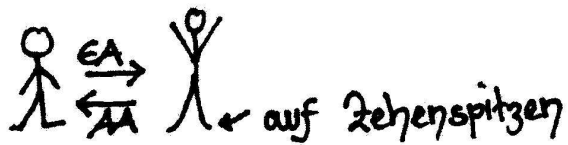
Savasana



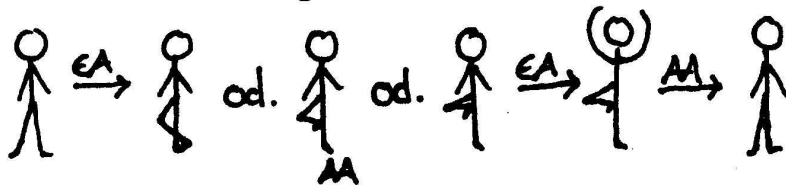
1. Tadasana



2. Tadasana



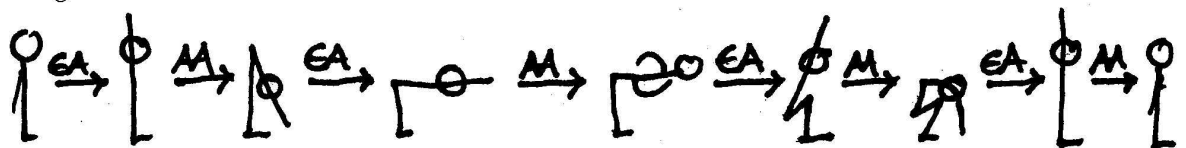
3. Vrkasana (Baumhaltung)



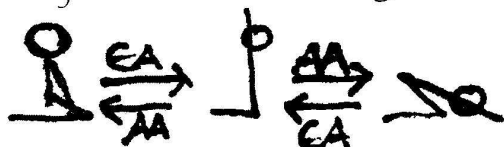
4. Hasta Uttanasana (Halbmond im Stand)



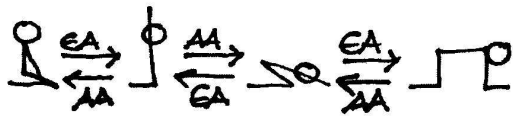
5. Viniyasa in Uttanasana und Utkatasana



6. Vajrasana (Diamanthalung)



7. Viniyasa in Kombination Cakravakasana und Vajrasana



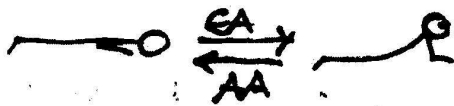
Adho mukha shvanasana



9. Viniyasa in Kombination Cakravakasana und Adho mukha shvanasana



10. Bhujangasana



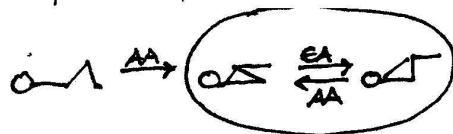
11. Variante shalabasana



12. Shalabasana



13. Apānasana



14. Urdhva prasrita padasana



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



Savasana



Pranayama

Yogavollatmung (Bauch-/Brust- und Schlüsselbeinatemung)

Savasana

