

Stundeneinheit 3A

Savasana

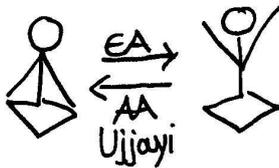


1. Sitzhaltung

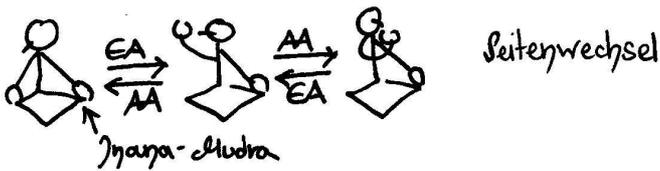


Ujjayi-Atmung

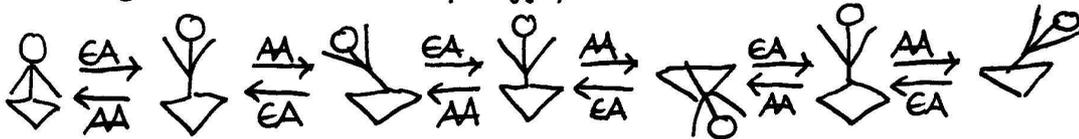
2. Armbewegung im Sitzen



3. Variation Drehbewegung



4. Planetengruß im Sitzen evtl. mit Ujjayi



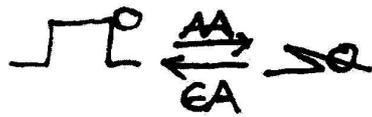
5. Pascimottanasana



6. Catus Padasana



7. Cakravakasana



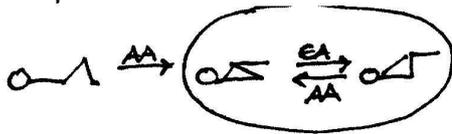
8. Viniyasa in Kombination Cakravakasana und Adho mukha shvanasana



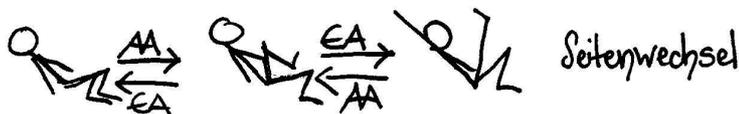
9. Viniyasa in Kombination Cakravakasana/Adho mukha/Bhujangasana



10. Apanasana



11. Variation Urdhva Prasrita Padasana



12. Urdhva prasrita padasana



13. Viparita Karani mudra (Umkehrhaltung)



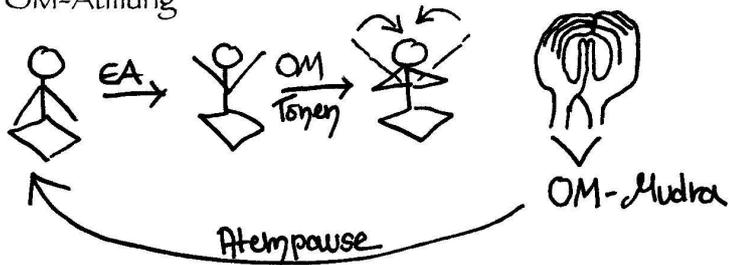
14. Sarvangasana (Schulterstand)



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



16. OM-Atmung



17. Savasana

