## Stundeneinheit 3

Savasana



Mantra: Hram Hrim Hrum Hraim Hraum Hram Haha

## Mula Bandha (Wurzel, Quelle, Ursprung)

1. Dvípada píthamasana (Hockerhaltung mít zwei Beinen/Schulterbrücke)

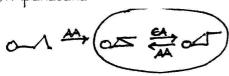


mit Mula Bandha

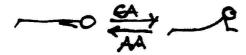
2. Jalathara parivritti



3. Apanasana



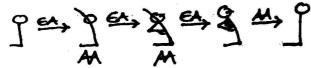
4. Bhujangasana



5. Yoga Mudra



6. Variation Ushtrasana (Kamel)

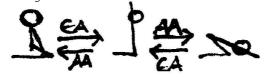


oder

Ushtrasana (Kamelhaltung)



7. Vajrasana (Diamanthaltung)

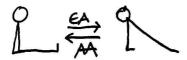


Uddiyana Bandha ("Emporfliegen")

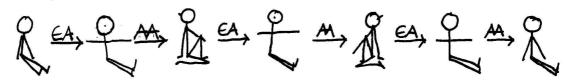
8. Pascimottanasana



7. Catus Padasana



8. Ardha Matsyendrasana (Drehsitz)



9. Pascimottanasana

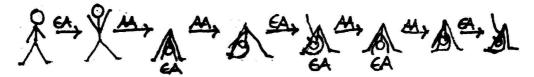


10. Tadasana

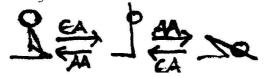


mit Uddiyana Bandha

II. Parivritti Trikonasana



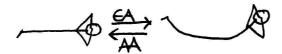
12. Vajrasana (Diamanthaltung)



13. Variation Shalabasana



14. Makarasana (Krokodilhaltung)



Jalandhara Bandha

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



16. Víparita Karani mudra (Umkehrhaltung) oder Sarvangasana (Schulterstand) 17. Eka Pada Sarvangasana (Ein-Fuß-Schulterstand) Seitenwechsel 18. Halasana (Pflughaltung) 19. Dvípada píthamasana (Hockerhaltung mít zwei Beinen/Schulterbrücke) 20. Sitzhaltung Jalandhara Bandha Kapalabathi Nadi Shodana

Savasana

