

Stundeneinheit 4A

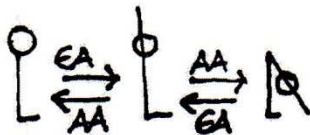
Savasana



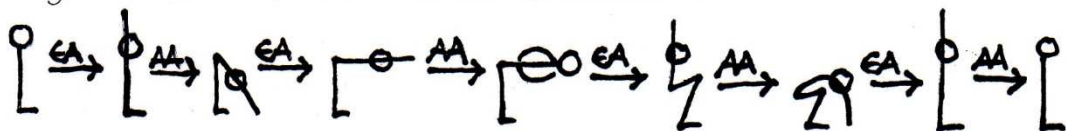
1. Variation Tadasana



1. Uttanasana



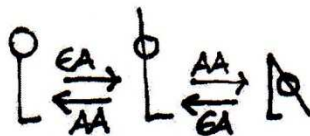
2. Vinyasa Uttanasana/Ardha Uttanasana/Utkatasana



3. Urshva Uttanasana



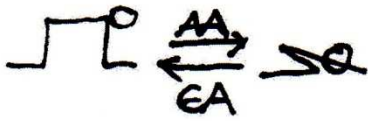
4. Uttanasana



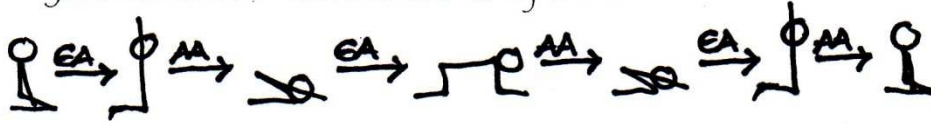
5. Parivritti Trikonasana



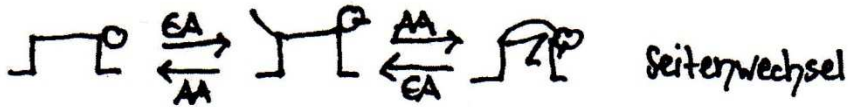
6. Cakravakasana



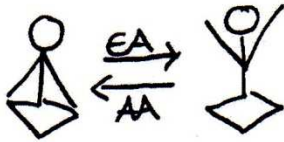
7. Vinyasa Kombination cakravakasana/vajrasana



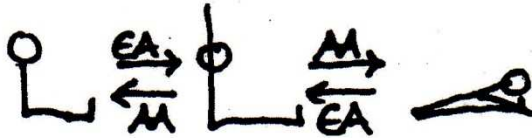
8. Variation cakravakasana



9. Sitzhaltung mit Armbewegung im Sitzen



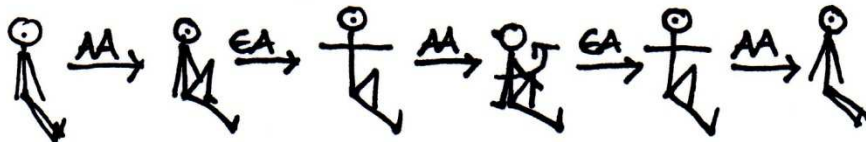
10. Pascimottanasana



11. Catus Padasana



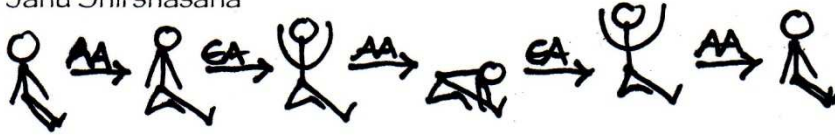
12. Variation Ardha Matsyendrasana (halber Drehsitz)



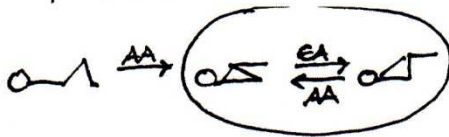
13. Pascimottanasana



14. Janu Shirshasana



15. Apanasana



16. Urdhva Prasrita Padasana (halb)



17. Urdhva prasrita padasana



18. Sarvangasana (Schulterstand)



oder

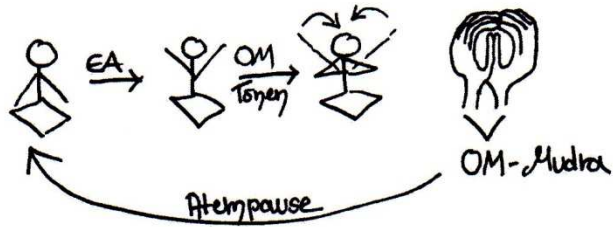
18. Viparita Karani mudra (Umkehrhaltung)



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



20. OM-Atmung



Savasana

