

Stundeneinheit 4

Savasana



Mantra: Hram, Hrim, Hrum, Hraim, Hraum, Hram, Haha

Mula Bandha (Wurzel, Quelle, Ursprung)

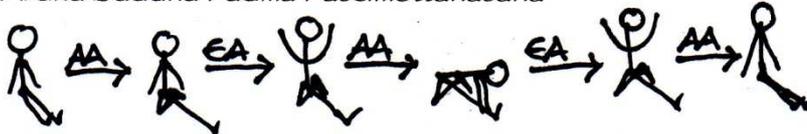
1. Sitzhaltung mit Mula Bandha



2. Pascimottanasana



3. Ardha Baddha Padma Pascimottanasana



4. Konasana



5. Kurmasana



6. Catus Padasana



7. Ushtrāsana (Kamelhaltung)



8. Yoga Mudra

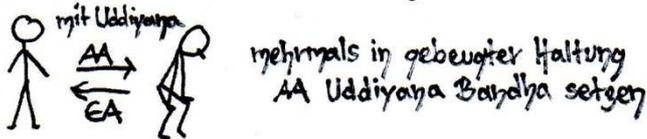


9. Malasana



Uddiyana Bandha („Emporfliegen“)

10. Variation Tadasana mit Uddiyana Bandha



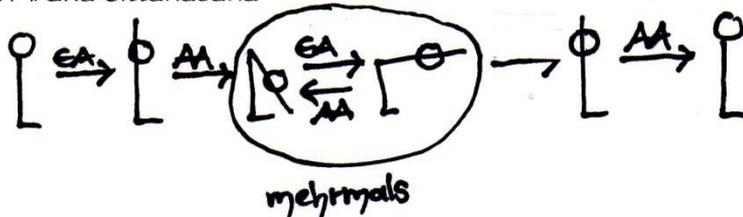
11. Variation Uttanasana (Vorbeuge im Stand)



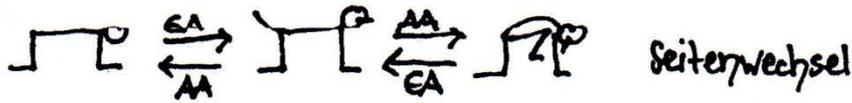
12. Parivritti Trikonasana



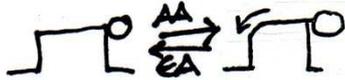
13. Ardha Uttanasana



14. Variation cakravakasana



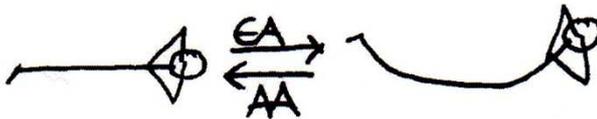
15. cakravakasana mit Uddiyana Bandha



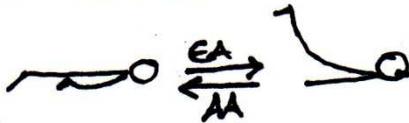
16. Shalabasana mit Armbewegungen



17. Makarasana (Krokodilhaltung)

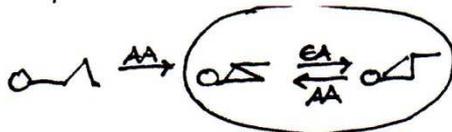


18. Shalabasana

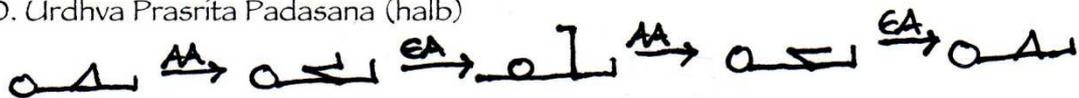


Jalandhara Bandha

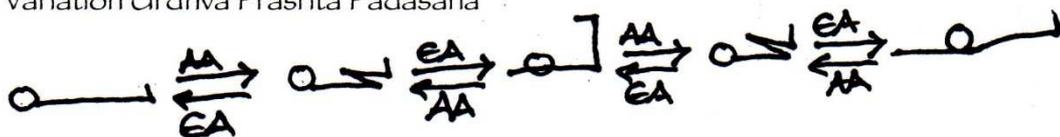
19. Apanasana



20. Urdhva Prasrita Padasana (halb)



21. Variation Urdhva Prasrita Padasana



22. Sarvangasana (Schulterstand)



oder

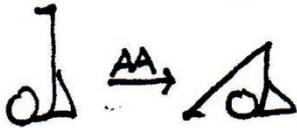
23. Viparita Kārani mudra (Umkehrhaltung)



24. Eka Pada Sarvangasana (Ein-Fuß-Schulterstand)



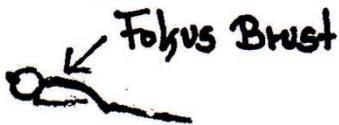
25. Halasana (Pflughaltung)



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



27. Matsyaasana (Fischhaltung)



Kapalabhati
Nadi Shodana

Savasana

