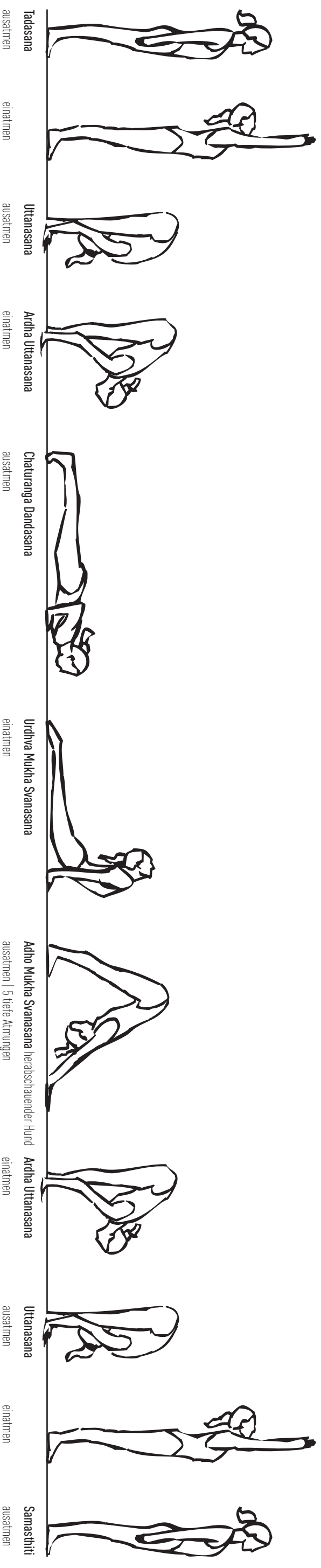
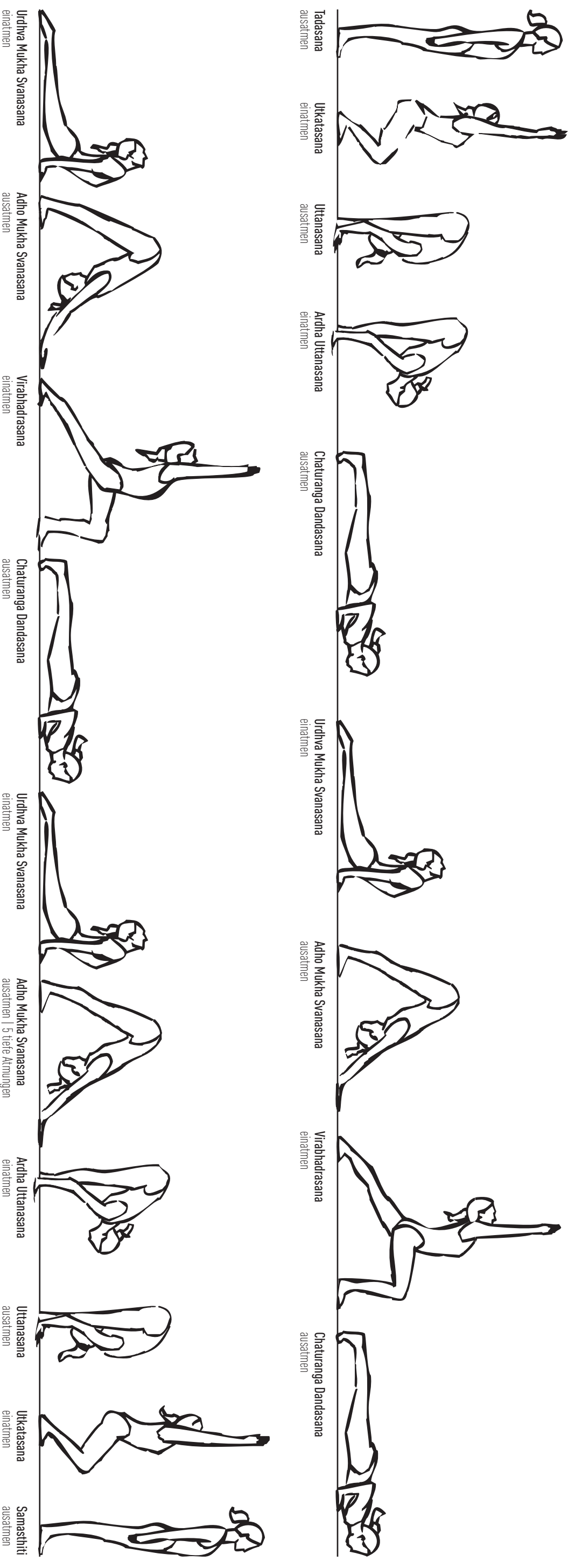


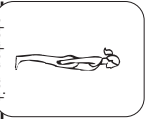


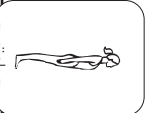

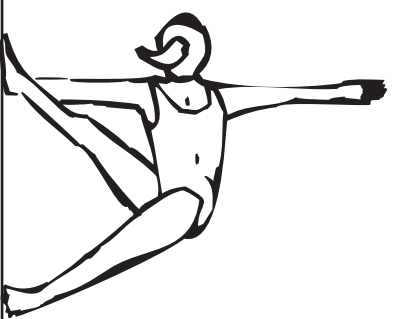
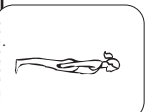


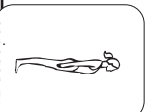
1. Surya Namaskara A – mind. 5 Wiederholungen | von der Atmung führen lassen

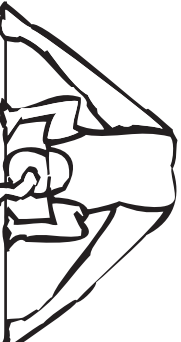

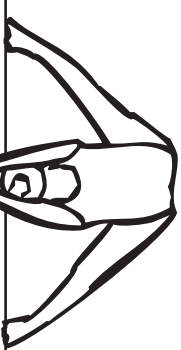

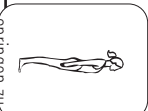

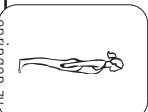


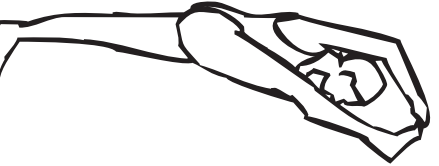
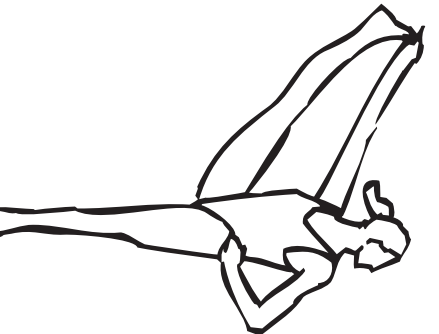
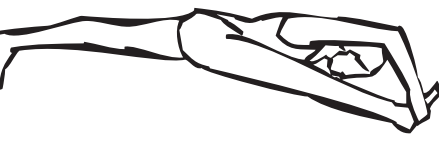
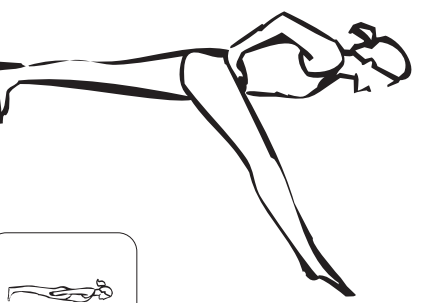
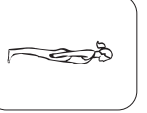




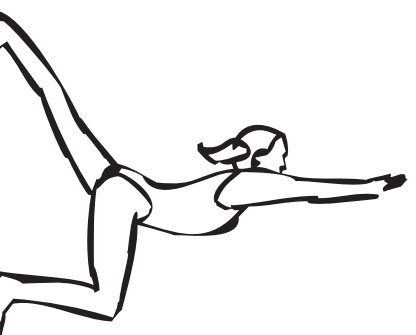

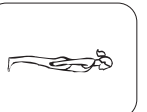
2. Surya Namaskara B – mind. 5 Wiederholungen | von der Atmung führen lassen













3. Stehhaltungen tiefe Ujjayi Atmung | pro Haltung 5 Atemzüge | Blickrichtung wie angegeben

									
Starten mit <b>Samasthiti</b>	<b>Padangusthasana</b> Nase	<b>Padahastavana</b> Nase	zurück zu <b>Samasthiti</b>	<b>Uthita Trikonasana A</b> Daumen	<b>Parivrita Trikonasana B</b> Daumen	springen zu <b>Samasthiti</b>	<b>Uthita Parsvakonasana A</b> Mittelfinger	<b>Parivrita Parsvakonasana B</b> Mittelfinger	springen zu <b>Samasthiti</b>








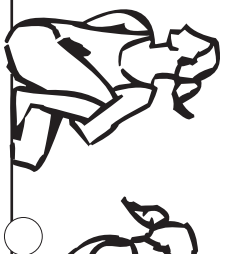
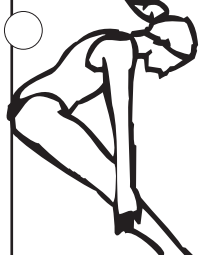


						
<b>Prasarita Padottanasana A</b> Nase	<b>B</b> Nase	<b>C</b> Nase	<b>D</b> Nase	springen zu <b>Samasthiti</b>	<b>Parsvottanasana</b> Nase	springen zu <b>Samasthiti</b>

											
<b>Uthita Hasta Padangusthasana A</b> großer Zeh	<b>B</b> über die Richtung der Schulter	<b>C</b> großer Zeh	<b>D</b> großer Zeh	zurück zu <b>Samasthiti</b>	<b>Ardha Baddha Padmottanasana</b> großer Zeh	<b>Suryanama skara A</b> bis herabschauender Hund	<b>Utkatasana</b> Daumen	<b>Suryanama skara B</b> bis herabschauender Hund	<b>Virabhadrasana A</b> Daumen	<b>B</b> Mittelfinger	springen zu <b>Samasthiti</b>


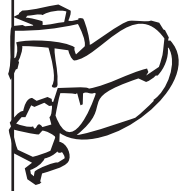
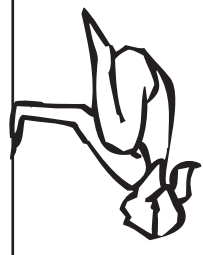






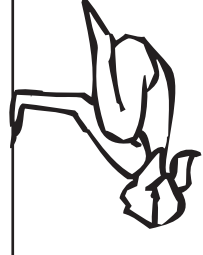


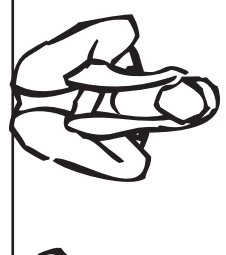

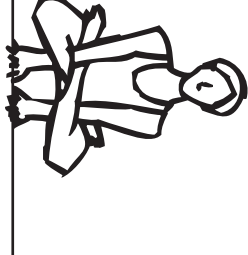

4. Sitzhaltungen tiefe Ujjayi Atmung | pro Haltung 5 Atemzüge | Blickrichtung wie angegeben | zwischen jeder Haltung ein Vinyasa

Dandasana  Paschimottasana A  B  Vinyasa  Purvottasana  Vinyasa  Ardha Badha Padma Paschimottasana  Vinyasa  Triango Mukhaikapada Paschimottasana  Vinyasa 

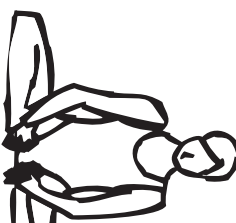





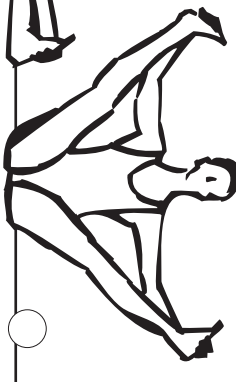

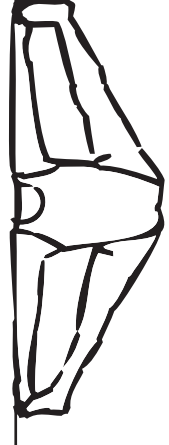



Nase Zehen Zehen Zehen Nase Zehen

Janu Sirasana A  Vinyasa B  Vinyasa C  Vinyasa  Maricyasana A  Vinyasa B  Vinyasa C  Vinyasa D  Vinyasa Navasana  ...  Vinyasa 



















Zehen Zehen Zehen Zehen Zehen Nase Nase über die Richtung der Schulter weit zur Seite Nase | 5 Atmungen, Beine kreuzen, 5 Mal

Bhujanghasana A  B  Bakasana  Vinyasa  Kurmasana  3. Auge  Supta Kurmasana  3. Auge  ...  Bakasana  3. Auge | 1 Atmung  Vinyasa  Garbha Pindasana  Nase | 5 Atmungen 9 x im Uhrzeigersinn rollen  Kukkutasana  Nase 

Nase Nase Nase 3. Auge 3. Auge 3. Auge

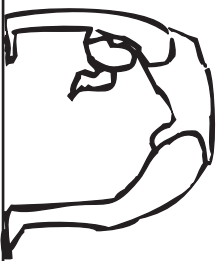
Badha Konasana A  B  C  Vinyasa  Upravistha Konasana A  1. Auge  B  3. Auge  Supta Konasana A  Bauchnabel | 5 Atmungen  B  3. Auge 

Nase Nase Nase Nase

Supta Padangusthasana A  B  ...  Chakrasana  Supta Trivikramasana  Vinyasa  3. Auge | 5 Atmungen  Ubhaya Padangusthasana  Nase  ...  Vinyasa  Urtha Mukha Paschimottasana  Zehen  ...  Vinyasa Setu Bandhasana  Nase  Chakrasana  Vinyasa 

Zehen | 5 Atmungen über die Richtung der Schulter Zehen ... Nase Zehen Nase Zehen

5. Rückenbeugung & Umkehren tiefe Ujjayi Atmung | Atmung deutlich verlangsamen | Blickrichtung wie angegeben



**Urdhva Dhanurasana**  
Nase | hoch beim einatmen | 3 x 5 Atmungen



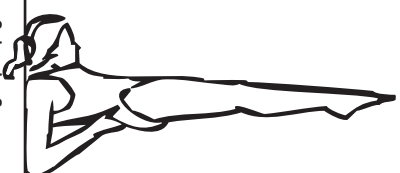
**Vinyasa**



**Paschimottasana**  
Zehen | 5 Atmungen



**Vinyasa**



**Salamba Sarvangasana**  
Nase | 15 Atmungen



**Halasana**  
Nase | 5 Atmungen



**Kamapidasana**  
Nase | 5 Atmungen



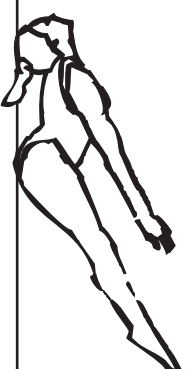
**Urdhva Padmasana**  
Nase | 5 Atmungen



**Pindasana in Sarvangasana**  
Nase | 5 Atmungen



**Matsyasana**  
Nase | 5 Atmungen



**Uttana Padmasana**  
Nase | 5 Atmungen



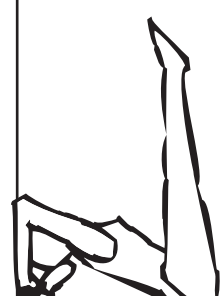
**Chakrasana Vinyasa**



**Sirsasana**  
25 Atmungen



**...**  
5 Atmungen

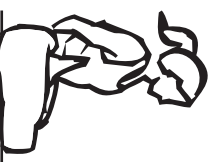


**...**  
10 Atmungen



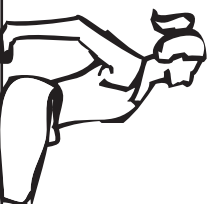
**Vinyasa**

6. beendende Asanas | Blickrichtung wie angegeben



**Baddha Padmasana**  
Nase | 10 Atmungen

oder



**...**  
3. Auge | 10 Atmungen



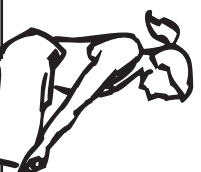
**Balasana**  
10 Atmungen



**Vinyasa**



**Yoga Mudrasana**  
3. Auge | 10 Atmungen



**Padmasana**  
Nase | 10 lange Atmungen



**Upluthree**  
Nase | 100 :-> lange Atmungen



**Savasana**



**Vinyasa**