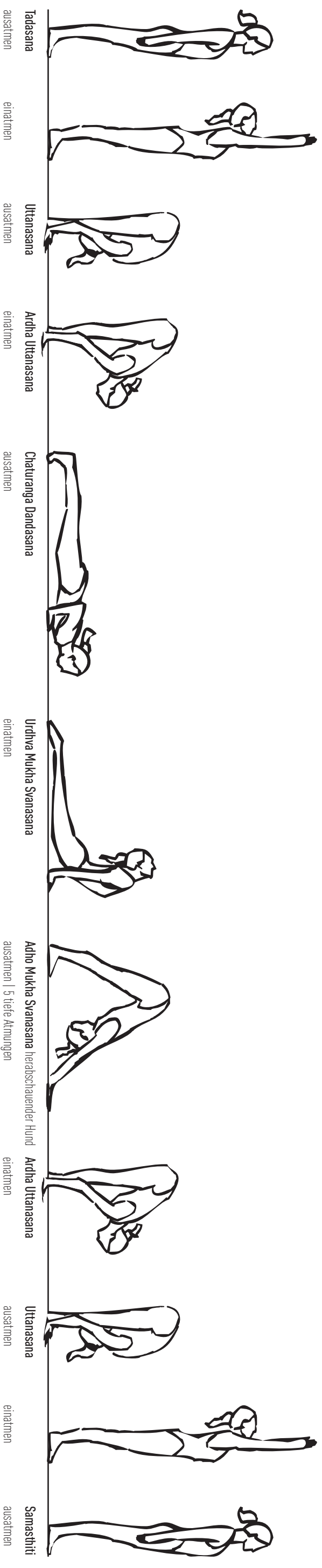
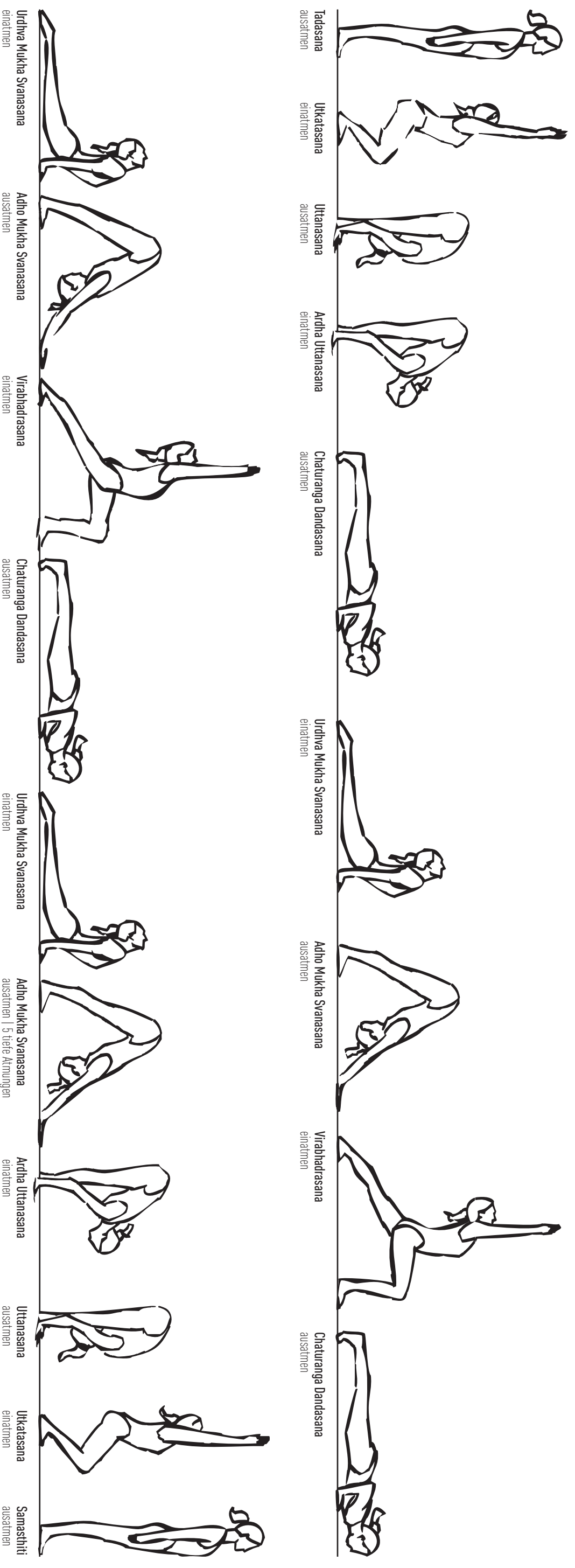


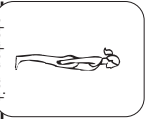


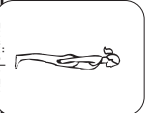

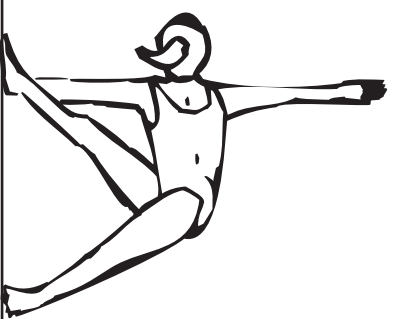
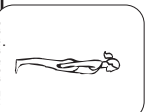


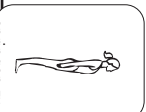
1. Surya Namaskara A – mind. 5 Wiederholungen | von der Atmung führen lassen

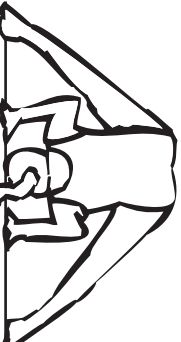

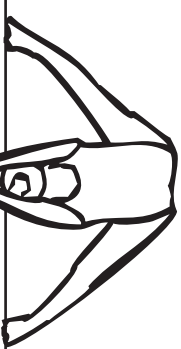

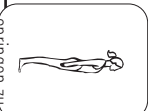

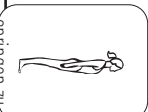


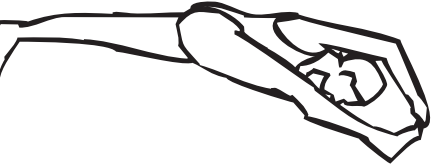
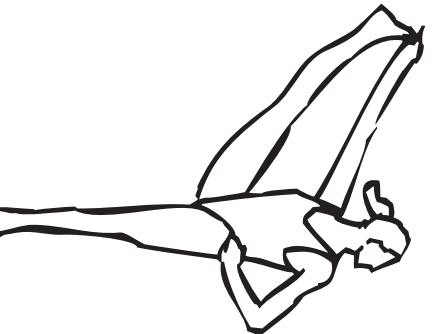
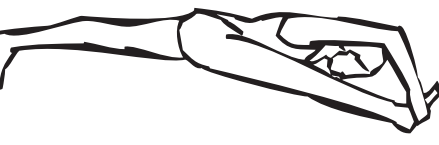
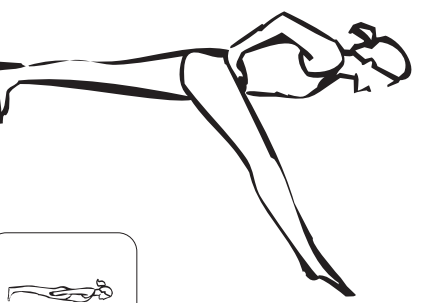
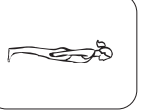
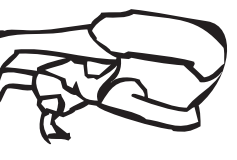



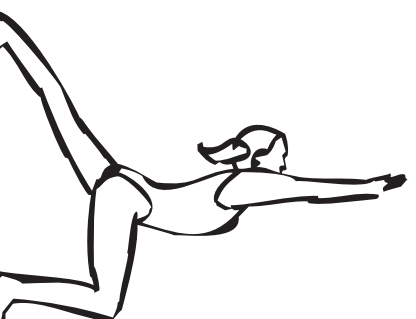


2. Surya Namaskara B – mind. 5 Wiederholungen | von der Atmung führen lassen













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

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





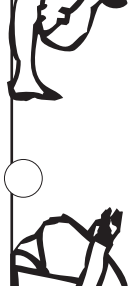

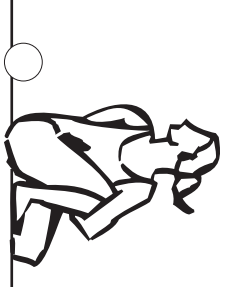
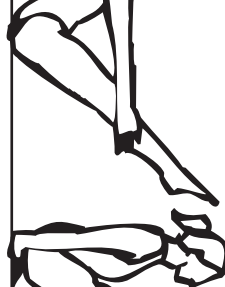

						
Prasarita Padottanasana A Nase	B Nase	C Nase	D Nase	springen zu Samasthiti	Parsvottanasana Nase	springen zu Samasthiti

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


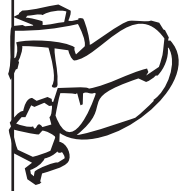
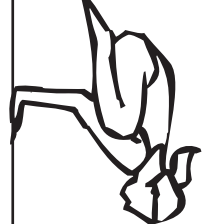




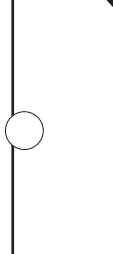


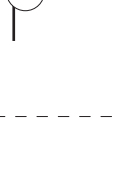
4. Sitzhaltungen tiefe Ujjayi Atmung | pro Haltung 5 Atemzüge | Blickrichtung wie angegeben | zwischen jeder Haltung ein Vinyasa

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

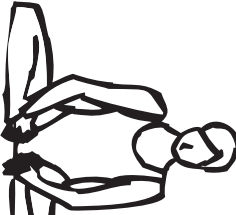





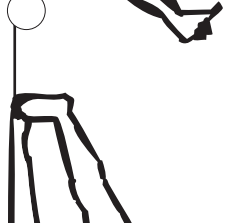



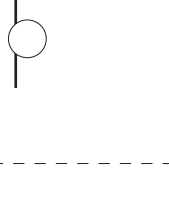
Nase Zehen Zehen Zehen Nase Zehen

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











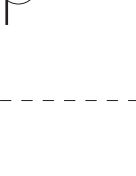
Zehen Zehen Zehen Zehen Zehen Nase Nase über die Richtung der Schulter weit zur Seite Nase | 5 Atmungen, Beine kreuzen, 5 Mal

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 Nase Kulkutasana Nase

Nase Nase Nase | 1 Atmung 3. Auge 3. Auge ... 3. Auge 3. Auge | 1 Atmung Nase | 5 Atmungen 9 x im Uhrzeigersinn rollen Nase

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

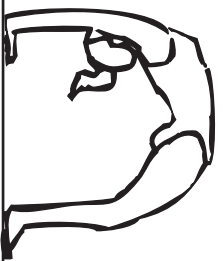
Nase Nase Nase Nase 1. Auge 3. Auge Bauchnabel | 5 Atmungen 3. Auge Vinyasa

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

Zehen | 5 Atmungen über die Richtung der Schulter ... Zehen 3. Auge | 5 Atmungen Nase ... Nase Zehen Nase Zehen Nase



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



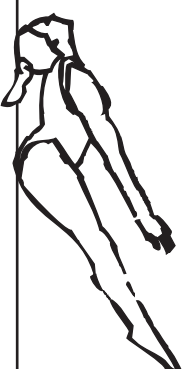
Urdhva Padmasana
Nase | 5 Atmungen



Pindasana in Sarvangasana
Nase | 5 Atmungen



Matsyasana
Nase | 5 Atmungen



Uttana Padmasana
Nase | 5 Atmungen



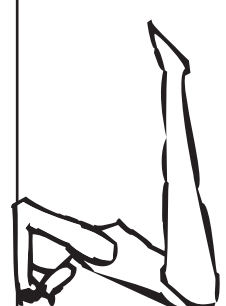
Chakrasana Vinyasa



Sirsasana
25 Atmungen



...
5 Atmungen

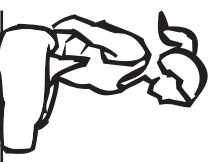


...
10 Atmungen



Vinyasa

6. beendende Asanas | Blickrichtung wie angegeben



Baddha Padmasana
Nase | 10 Atmungen

oder



...
3. Auge | 10 Atmungen



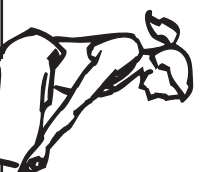
Balasana
10 Atmungen



Vinyasa



Yoga Mudrasana
3. Auge | 10 Atmungen



Padmasana
Nase | 10 lange Atmungen



Upluthree
Nase | 100 :-> lange Atmungen



Savasana



Vinyasa