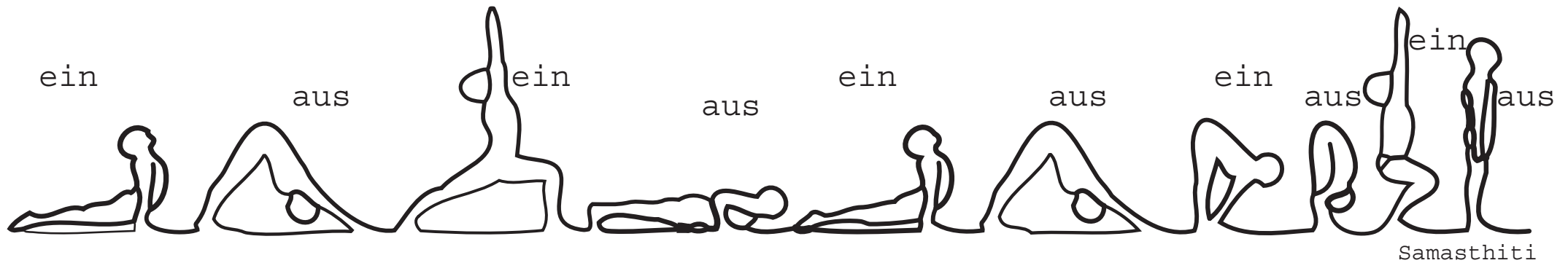
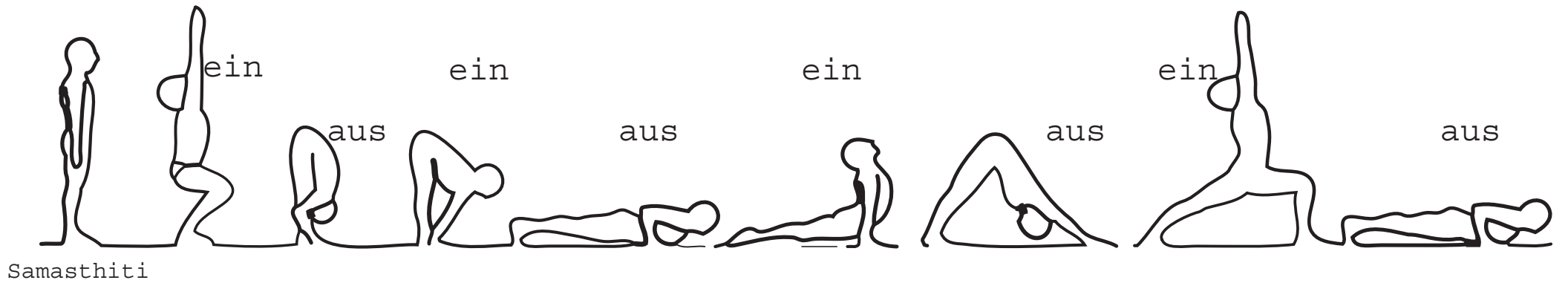
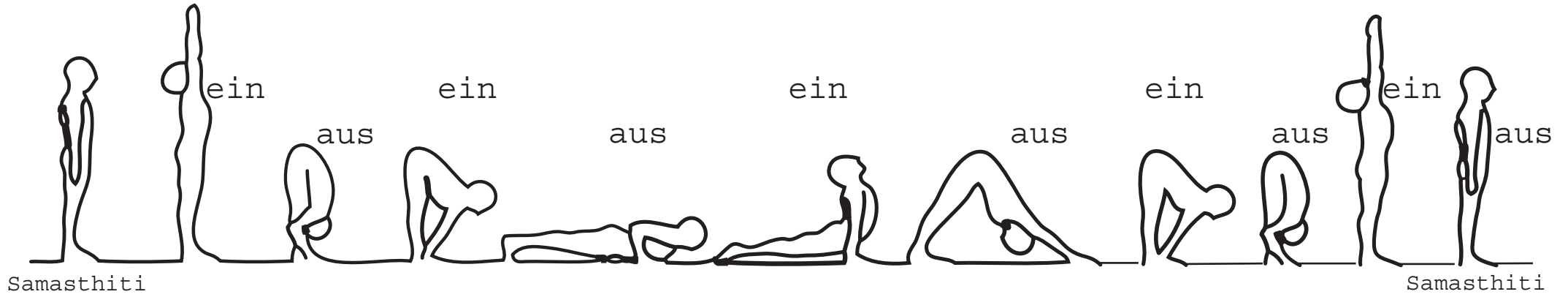
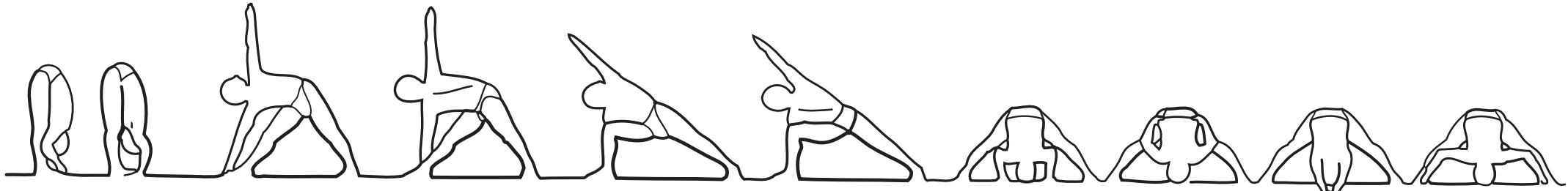


Ashtanga Yoga - Sonnengruß A & B



Ashtanga Yoga - Stehpositionen



Padangusthasana

Pada Hastasana

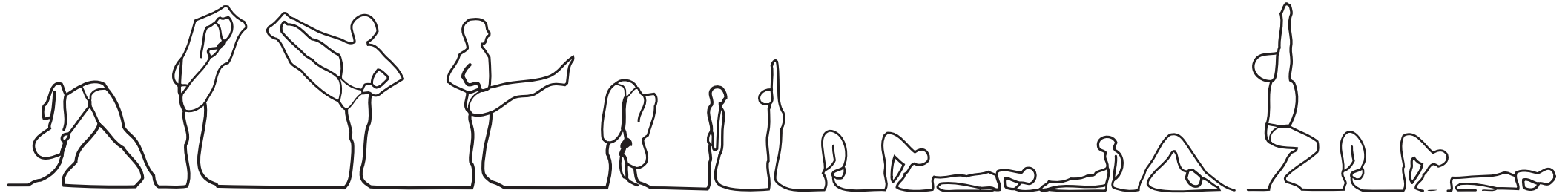
Utthita Trikonasana

Parivrtta Trikonasana

Utthita Parsvakonasana

Parivrtta Parsvakonasana

Prasarita Padottanasana A, B, C & D



Parsvottanasana

Utthita Hasta Padangustasana

Ardha Baddha Padmottanasana

Utkatasana (beginnt wie Sonnengruß - Sprung in die Stellung & 5 Atemzüge)

Utkatasana

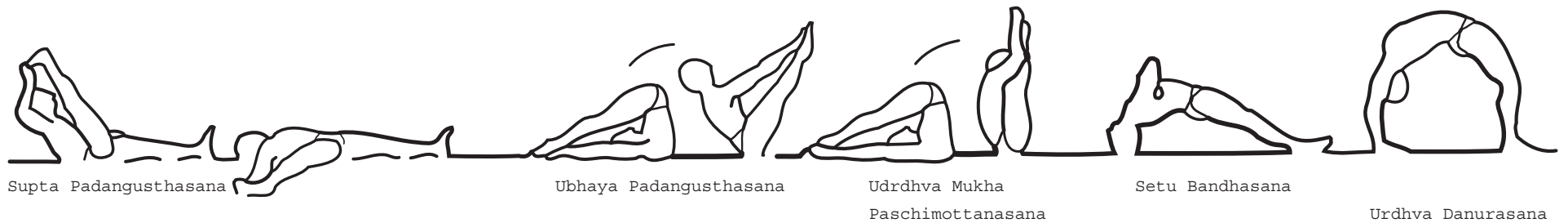
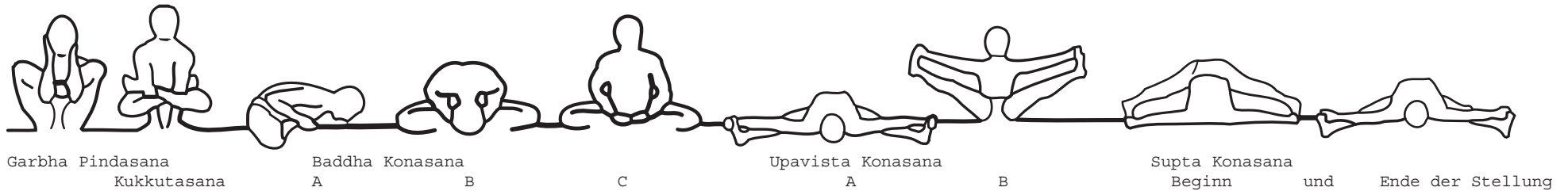
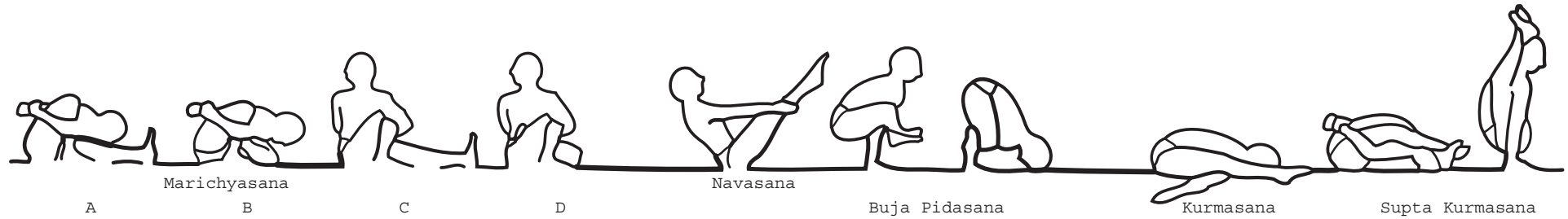
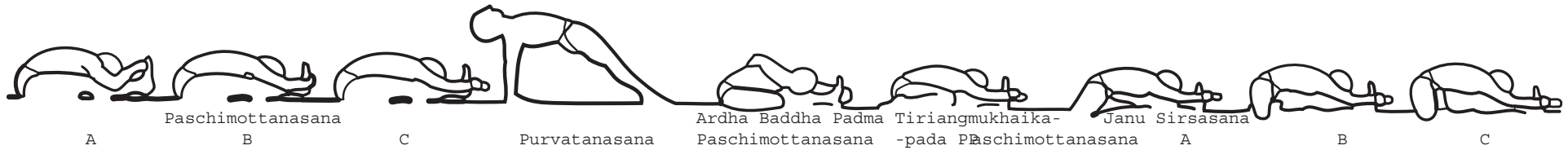


Virabhadrasana A

Virabhadrasana B

(Ende wie Sonnengruß & Sprung zur Sitzposition)

Ashtanga Yoga - Sitzpositionen (primary series)



Ashtanga Yoga - Endpositionen (Umkehrhaltungen)

