

Sonnengruß Ashtanga A & B

Option 1: 3x Ashtanga A, 3x Ashtanga B

Dauer: 12 Minuten

Option 2: 5x Ashtanga A, 5x Ashtanga B

Dauer: 20 Minuten



1. Mountain Pose • Tadasana



2. Volcano Pose • Urdhva Hastasana



3. Standing Forward Fold Pose • Uttanasana



4. Upward Forward Fold Pose • Urdhva Uttanasana



5. Four Limbed Staff Pose • Chaturanga Dandasana



6. Upward Facing Dog Pose • Urdhva Mukha Svanasana



7. Downward Facing Dog Pose • Adho Mukha Svanasana



8. Upward Forward Fold Pose • Urdhva Uttanasana



9. Standing Forward Fold Pose • Uttanasana



10. Volcano Pose • Urdhva Hastasana



11. Mountain Pose • Tadasana



1. Mountain Pose •
Tadasana



2. Chair Pose • Utkatasana



3. Standing Forward Fold
Pose • Uttanasana



4. Upward Forward Fold
Pose • Urdhva Uttanasana



5. Four Limbed Staff Pose
• Chaturanga Dandasana



6. Upward Facing Dog
Pose • Urdhva Mukha
Svanasana



7. Downward Facing Dog
Pose • Adho Mukha
Svanasana



8. Warrior Pose I •
Virabhadrasana I



9. Four Limbed Staff Pose
• Chaturanga Dandasana



10. Upward Facing Dog
Pose • Urdhva Mukha
Svanasana



11. Downward Facing Dog
Pose • Adho Mukha
Svanasana



12. Warrior Pose I •
Virabhadrasana I



13. Four Limbed Staff
Pose • Chaturanga
Dandasana



14. Upward Facing Dog
Pose • Urdhva Mukha
Svanasana



15. Downward Facing Dog
Pose • Adho Mukha
Svanasana



16. Upward Forward Fold
Pose • Urdhva Uttanasana



17. Standing Forward Fold
Pose • Uttanasana



18. Chair Pose • Utkatasana



19. Mountain Pose •
Tadasana