

Modul Rückbeugen Sequenz



1. **Locust Pose** •
Salabhasana



2. **Locust Pose**
Elbows •
Salabhasana Elbows



3. **Frog Pose II** •
Bhekasana



4. **Bow Pose** •
Dhanurasana



5. **Camel Pose** •
Ustrasana



6. **Little**
Thunderbolt Pose •
Laghu Vajrasana



7. **Pigeon Pose**