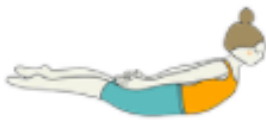


Modul Basic Rückbeugen Sequenz



1. **Locust Pose** •
Salabhasana



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



3. **Half Frog Pose** • Ardha
Bhekasana



4. **Bow Pose** • Dhanurasana



5. **Camel Pose Variation 1** •



6. **Camel Pose** • Ustrasana

Ustrasana Variation 1