

Modul Fundamentale (stehende) Asanas



1. Hand to Big Toe Pose •

Padangusthasana



2. Standing Forward Bend
Hands Under Feet Pose • Uttanasana
Variation Hands Under Feet Pose



3. Extended Triangle Pose •
Utthita Trikonasana



4. Revolved Triangle Pose •
Parivrtta Trikonasana



5. Extended Side Angle Pose • Utthita
Parsvakonasana



6. Revolved Side Angle Pose
Hands On Floor • Parivrtta
Parsvakonasana
Hands On Floor



7. Intense Leg Stretch Pose •
Prasarita
Padottanasana



8. Intense Leg Stretch Pose B •
Prasarita
Padottanasana B



9. Intense Leg Stretch Pose C •
Prasarita
Padottanasana C



10. Intense Leg Stretch Pose D •
Prasarita
Padottanasana D



11. Intense Side Stretch Pose •
Parsvottanasana