

Surya Namaskar Ashtanga B

Variante ohne Arme/Hände bei Verletzungen



1. Staff Pose •
Dandasana



2. Boat Pose
Variation 1 •
Navasana Variation 1



3. Boat Pose
Variation Knees
Bent • Navasana
Variation Knees Bent



4. Boat Pose •
Navasana



5. Constructive
Rest Pose Hands In
Anjali Mudra •
Savasana Knees
Bent Hands in Anjali
Mudra



6. Bridge Pose
Variation Elbows •
Setubandha
Sarvangasana
Variation Elbows



7. Boat Pose
Variation 1 •
Navasana Variation 1



8. Boat Pose Knees
Bent Arms
Overhead •
Navasana Knees
Bent Arms Overhead



9. Constructive
Rest Pose Hands In
Anjali Mudra •
Savasana Knees
Bent Hands in Anjali
Mudra



10. Bridge Pose
Variation Elbows •
Setubandha
Sarvangasana
Variation Elbows



11. Upward
Extended Feet Pose
Variation • Urdhva
Prasarita Padasana
Variation



12. Boat Pose •
Navasana



13. Boat Pose
Variation Knees
Bent • Navasana
Variation Knees Bent



14. Boat Pose
Variation 1 •
Navasana Variation 1



15. Staff Pose •
Dandasana