

The 45 min practice

3x Ashtanga A, 3x Ashtanga B, Stehende Asana Sequenz, Abschlussequenz

Dauer: 45 minutes



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

Module Stehende Asanas: Fundamental und Erweiterung



1. **Hand to Big Toe Pose** •
Padangusthasana



2. **Standing Forward Bend** • Uttanasana
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



12. **Tree Pose** • Vrksasana



13. **Standing Hand To Knee Pose** •
Tadasana Janu Hastasana



14. **Standing Balance One Leg** •
Raised



15. **Standing Forward Fold Pose** •
Uttanasana



16. **Chair Pose** • Utkatasana



17. **Crow Pose** • Kakasana



18. **Warrior Pose I** •
Virabhadrasana I



19. **Warrior Pose II** •
Virabhadrasana II

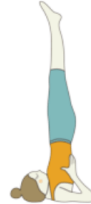
Modul Abschlußsequenz



1. **Wheel Pose** • Urdhva Dhanurasana



2. **Seated Forward Bend Pose** •
Paschimottanasana



3. **Shoulderstand Pose** •
Sarvangasana



4. **Plough Pose** • Halasana



5. **Ear Pressure Pose** •
Karnapidasana



6. **Embryo Pose in Shoulder Stand** •
Pindasana



7. **Fish Pose** • Matsyasana



8. **Headstand Pose** • Salamba
Sirsasana



9. **Child Pose** • Balasana



10. **Corpse Pose** • Savasana