

The short practice

Module: 3x Ashtanga A, 3x Ashtanga B, Stehende Asana Sequenz (Fundamental),
Abschlusssequenz
Dauer: 35 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

Modul Stehende fundamentele 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** •
Parivrtta Parsvakonasana Namaste
Hands



7. **Intense Leg Stretch Pose** •
Prasarita Padottanasana



8. **Intense Leg Stretch Pose C** •
Prasarita Padottanasana C



9. **Intense Side Stretch Pose** •
Parsvottanasana

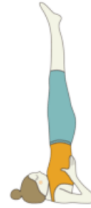
Modul Abschlußsequenz



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