

Traditional Ashtanga Yoga Advanced B 4. Serie - Sthira Bhaga (erhabene Ruhe)



1. **Root Lock Pose** •
Mulabandhasana



2. **Reverse Prayer
Hands Close Up** •
Paschima Namaskar
Close Up



3. **Root Lock Pose** •
Mulabandhasana



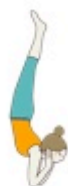
4. **Jnana Mudra**



5. **Root Lock Pose** •
Mulabandhasana



6. **Scorpion Pose** •
Vrschikasana



7. **Scorpion Pose
Variation** •
Sayanasana



8. **Awakened Pose** •
Buddhasana



9. **Kapila Pose** •
Kapilasana



10. **Shooting Bow
Pose**



11. **Shooting Bow
Pose B** • Akarna
Dhanurasana B



12. **Full Bow Pose** •
Poorna Dhanurasana



13. **Big Toe Bow
Pose B** •
Padangustha
Dhanurasana B



14. **Sage Marichi
Pose E** •
Marichyasana E



15. **Sage Marichi
Pose F** •
Marichyasana F



16. Sage Marichi
Pose G •
Marichyasana G



17. Sage Marichi
Pose H •
Marichyasana H



18. Mountain Pose
• Tadasana



19. Balancing
Prana Pose •
Samanasana



20. Side Cock Pose
• Punga Kukkutasana



21. Side Crow Pose
• Parsva Bakasana



22. Both Hand One
Legged Big Toe
Bow Pose • Dwi
Hasta Eka Pada
Padangushta
Dhanurasana



23. One Leg Pigeon
Pose B • Eka Pada
Kapotasana B



24. One Leg Pigeon
Pose A • Eka Pada
Kapotasana A



25. Reclined
Intense Back
Stretch Pose •
Supta
Paschimottanasana



26. Couch Pose
Variation A •
Paryankasana A



27. Couch Pose •
Paryankasana



28. Bound Hands
Headstand Pose •
Baddha Hasta
Sirsasana



29. Revolved Pose
A • Parivrttasana A



30. Circle Pose •
Mandalasana



31. Handstand
Pose • Adho Mukha
Vrksasana



32. Wheel Pose •
Urdhva Dhanurasana



33. Womb Staff
Pose • Yoni
Dandasana A



34. Womb Staff
Pose • Yoni
Dandasana A



35. Yogi Staff Pose
• Yoga Dandasana



36. Arm Staff Pose

• Bhuja Dandasana



37. Side Staff Pose

• Parsva Dandasana
Variation



38. Downward Staff

Pose • Adho
Dandasana



39. Upward Staff

Pose Variation •
Urdhva Dandasana
Variation



40. Center Splits

Pose •
Samakonasana



41. Om Pose •

Omkarasana