

Modul Abschluss Sequenz



1. Wheel Pose •
Jrdhva 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