

## Klassischer Sonnengruß



1. Mountain Pose Namaste



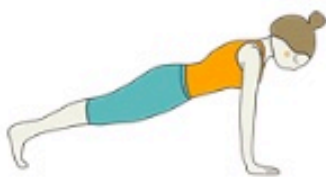
2. Raised Arms Pose



3. Standing Forward Fold Pose



4. Runners Lunge Pose



5. Plank Pose



6. Eight Limbed Pose



7. Cobra Pose



8. Downward Facing Dog Pose



9. Runners Lunge Pose



10. Standing Forward Fold Pose



11. Mountain Pose Namaste