

Short Form by David Swenson 30 Min
 3x Ashtanga A Sonnengruß
 2x Ashtanga B Sonnengruß

Dauer: 30 Minuten



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



1. Hand to Big Toe Pose



2. Extended Triangle Pose



3. Extended Side Angle Pose



4. Standing Hand To Big Toe Pose In Front



5. Warrior Pose I



6. Warrior Pose II



7. Staff Pose



8. Seated Forward Bend Pose A



9. Head to Knee Pose



10. Sage Twist Pose



11. Marichi Pose C I



12. Boat Pose



13. Bridge Pose Variation
Ankles



14. Wheel Pose



15. Seated Forward Bend
Pose B



16. Shoulderstand Pose



17. Fish Pose



18. Lotus Pose Chin
Mudra Jalandhara
Bandha



19. Scale Pose



20. Corpse Pose