

Short Form by David Swenson 45 Min  
 3x Ashtanga A Sonnengruß  
 3x Ashtanga B Sonnengruß

Dauer: 45 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. Intense Leg Stretch Pose



5. Intense Leg Stretch Pose C



6. Standing Hand To Big Toe Pose In Front



7. Standing Forward Bend Half Bound Lotus Pose



8. Warrior Pose I



9. Warrior Pose II



10. Staff Pose



11. Seated Forward Bend Pose A



12. Half Bound Lotus Forward Fold



13. Head to Knee Pose



14. Sage Twist Pose



15. Marichi Pose C I



16. Boat Pose



17. Bound Angle Pose



18. Seated Straddle Pose  
Variation



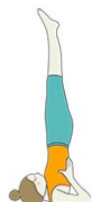
19. Bridge Pose Variation  
Ankles



20. Wheel Pose



21. Seated Forward Bend  
Pose B



22. Shoulderstand Pose



23. Plough Pose



24. Ear Pressure Pose



25. Fish Pose



26. Headstand Pose



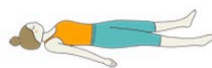
27. Bound Lotus Pose



28. Lotus Pose Chin  
Mudra Jalandhara  
Bandha



29. Scale Pose



30. Corpse Pose