

Stehende Asanas Basis Erweiterung

Dauer: 10 Minuten



1. Tree Pose •
Vrksasana



2. Standing Hand
To Knee Pose •
Tadasana Janu
Hastasana



3. Standing Balance
One Leg Raised



4. Standing
Forward Fold Pose
• Uttanasana



5. Chair Pose •
Utkatasana



6. Crow Pose •
Kakasana



7. Warrior Pose I •
Virabhadrasana I



8. Warrior Pose II •
Virabhadrasana II