

## Stehende Asanas „Traditional“ Erweiterung

Dauer: 10 Minuten



1. Standing Hand  
To Big Toe Pose In  
Front • Utthita Hasta  
Padangusthasana In  
Front



2. Standing Hand  
To Big Toe Pose  
Forward Bend •  
Utthita Hasta  
Padangusthasana  
Forward Bend



3. Stretched  
Sideward Pose •  
Utthita Parsvasahita



4. Standing Balance  
One Leg Raised



5. Standing  
Forward Bend Half  
Bound Lotus Pose •  
Ardha Baddha  
Padmottanasana



6. Chair Pose •  
Utkatasana



7. Warrior Pose I •  
Virabhadrasana I



8. Warrior Pose II •  
Virabhadrasana II