

## The Backbending Practice

5x Ashtanga A, 5x Ashtanga B, Stehende Asana Sequenz Fundamental,  
Rückbeugen Modul, Drehsitze, Abschlusssequenz  
Dauer: 75 minutes



### 1. Sun Salutation A

• Surya Namaskar A

### 2. Sun Salutation B

• Surya Namaskar B

### 3. Hand to Big Toe Pose •

Padangusthasana

### 4. Standing Forward Bend

Hands Under Feet Pose • Uttanasana  
Variation Hands Under Feet Pose



### 5. Triangle Pose •

Trikonasana



### 6. Revolved Triangle Pose •

Parivrtta Trikonasana



### 7. Extended Side Angle Pose •

Utthita Parsvakonasana



### 8. Revolved Side Angle Pose Hands On Floor •

Parivrtta Parsvakonasana Hands On Floor



### 9. Intense Leg Stretch Pose •

Prasarita Padottanasana



### 10. Intense Leg Stretch Pose B •

Prasarita Padottanasana B



### 11. Intense Leg Stretch Pose C •

Prasarita Padottanasana C



### 12. Intense Leg Stretch Pose D •

Prasarita Padottanasana D



13. Intense Side Stretch Pose • Parsvottanasana



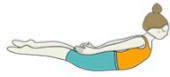
14. Warrior Pose I • Virabhadrasana I



15. Warrior Pose II • Virabhadrasana II



16. Splits Pose • Hanumanasana



17. Locust Pose • Salabhasana



18. Locust Pose Elbows • Salabhasana Elbows



19. Frog Pose II • Bhekasana



20. Full Bow Pose • Poorna Dhanurasana



21. Camel Pose • Ustrasana



22. Little Thunderbolt Pose • Laghu Vajrasana



23. Pigeon Pose



24. Bound Angle Pose • Baddha Konasana



25. Easy Twisted Pose • Sahaja Vakrasana



26. Half Lord Of The Fishes Pose Variation Hand Down • Ardha Matsyendrasana Variation Hand Down



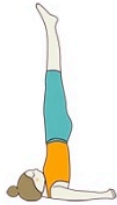
27. Wheel Pose • Urdhva Dhanurasana



28. Happy Baby Pose • Ananda Balasana



**29. Seated Forward Bend Pose •**  
Paschimottanasana



**30. Shoulderstand Seal Pose •**  
Salamba  
Sarvangasana Yoga  
Mudrasana



**31. Plough Pose •**  
Halasana



**32. Ear Pressure Pose •**  
Karnapidasana



**33. Embryo Pose in Shoulder Stand •**  
Pindasana



**34. Fish Pose •**  
Matsyasana



**35. Headstand Pose •** Salamba  
Sirsasana



**36. Child Pose •**  
Balasana



**37. Corpse Pose •**  
Savasana