

The Full Practice Example

5x Ashtanga A, 5x Ashtanga B, Stehende Asana Sequenz Fundamental +
Erweitert, Vorwärtsbeugen Modul, Marichi Twist Modul, Flex und Balance
Modul, Drehsitz Modul, Rückbeugen Modul, Abschlussequenz
Dauer: 90 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. Standing Hand To Big Toe Pose Forward Bend •
Utthita Hasta
Padangusthasana
Forward Bend



15. Standing Hand to Big Toe Pose •
Utthita Hasta
Padangusthasana



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



17. Chair Pose •
Utkatasana



18. Crow Pose •
Kakasana



19. Headstand II •
Sirsasana II



20. Warrior Pose I •
Virabhadrasana I



21. Warrior Pose II •
Virabhadrasana II



22. One Legged Crane Pose • Eka
Pada Bakasana



23. Splits Pose •
Hanumanasana



24. Seated Forward Bend Pose A •
Paschimottanasana
A



25. Celibates Pose •
Bhramacharyasana



26. Seated Forward Bend Pose B •
Paschimottanasana
B



27. Celibates Pose •
Bhramacharyasana



28. Seated Forward Bend Pose B •
Paschimottanasana
B



29. Celibates Pose
• Bhramacharyasana



30. Reverse Table Top Pose • Ardha Purvottanasana



31. Half Bound Lotus Forward Fold
• Ardha Baddha Padma Paschimottanasana



32. One Leg Folded Forward Bend • Trianga Mukhaikapada Paschimottanasana



33. Head to Knee Pose • Janu Sirsasana



34. Head On Knee Pose B • Janu Sirsasana B



35. Head On Knee Pose C • Janu Sirsasana C



36. Sage Twist Pose • Marichyasana



37. Sage Twist Pose B • Marichyasana B



38. Marichi Pose C I • Marichyasana C I



39. Marichi Pose D • Marichyasana D



40. Boat Pose • Navasana



41. Shoulder Press Pose Variation B • Bhujapidasana B



42. Tortoise Pose • Kurmasana



43. Reclining Turtle Pose • Supta Kurmasana



44. Foot Behind the Head Pose • Eka Pada Sirsasana



45. Sage
Visvamitrasana •
Visvamitrasana



46. Destroyer Of
The Universe Pose
• Kala Bhairavasana



47. Embryo Pose •
Garbhasana



48. Cock Pose •
Kukkutasana



49. Bound Angle
Pose • Baddha
Konasana



50. Locust Pose •
Salabhasana



51. Locust Pose
Elbows •
Salabhasana Elbows



52. Frog Pose II •
Bhekasana



53. Full Bow Pose •
Poorna Dhanurasana



54. Camel Pose •
Ustrasana



55. Little
Thunderbolt Pose •
Laghu Vajrasana



56. Pigeon Pose



57. Peacock Pose •
Mayurasana



58. Easy Twisted
Pose • Sahaja
Vakrasana



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



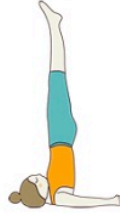
60. Wheel Pose •
Urdhva Dhanurasana



61. Happy Baby Pose • Ananda
Balasana



62. Seated Forward Bend Pose •
Paschimottanasana



63. Shoulderstand Seal Pose •
Salamba
Sarvangasana Yoga
Mudrasana



64. Plough Pose •
Halasana



65. Ear Pressure Pose •
Karnapidasana



66. Embryo Pose in Shoulder Stand •
Pindasana



67. Fish Pose •
Matsyasana



68. Headstand Pose • Salamba
Sirsasana



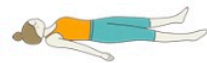
69. Child Pose •
Balasana



70. Bound Lotus Pose



71. Lotus Pose Prayer Arms •
Padmasana
Namaste Arms



72. Corpse Pose •
Savasana