

## Jivamukti Spiritual Warrior

Dauer: ca. 60 Minuten



Adho Mukha Svanasana



Uttanasana



Malasana



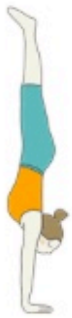
Parivrtta Sukha Dandasana



Ardha Matsyendrasana Variation  
Hand Up Leg



Ardha Purvottanasana



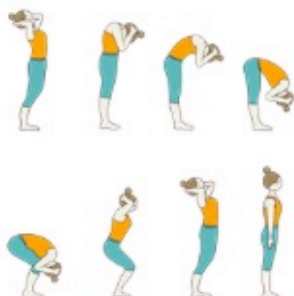
Adho Mukha Vrksasana



Tadasana Paschima  
Baddhanguliyasana



Parsva Urdhva Hastasana



Tadasana



Surya Namaskar A



Jivamukti Surya Namaskar A



Tadasana



Utkatasana



Uttanasana



Chaturanga Dandasana



Bhujangasana



Adho Mukha Svanasana



Virabhadrasana I



Virabhadrasana II



Trikonasana



Virabhadrasana II



Utthita Parsvakonasana



**Parsvottanasana Variation**  
Hands On Floor



**Ashwa Sanchalanasana**



**Saral Parivrtta Parsvakonasana**



**Parivrtta Parsvakonasana**  
Namaste Hands



**Utthita Ashwa Sanchalanasana**



**Ardha Matsyendrasana**



**Agnistambhasana Leaning**  
Forward



**Chaturanga Dandasana**



**Urdhva Mukha Svanasana Adho**



**Ardha Matsyendrasana**



Agnistambhasana Leaning Forward



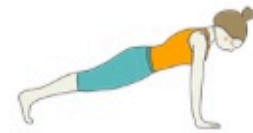
Upavistha Konasana Variation



Chaturanga Dandasana



Urdhva Mukha Svanasana Adho Mukha Svanasana Vinyasa



Phalakasana



Vasisthasana



Phalakasana



Vasisthasana



Phalakasana



Ashtangasana



Salabhasana



Dhanurasana



Setubandha Sarvangasana



Urdhva Dhanurasana



Pawanmuktasana



Supta Parivrtta Garudasana



Pawanmuktasana



Dandasana



Paschimottasana



Janu Sirsasana



Tarasana



Viparita Karani



Sarvangasana



Halasana



Karnapidasana



Matsyasana



Salamba Sirsasana



Balasana



Savasana Variation Bent Legs



Sukhasana Variation Arms  
Knees



Savasana