

Yoga Praxis 50 Minuten



1. Mountain Pose • Tadasana



2. Volcano Pose • Urdhva Hastasana



3. Standing Forward Fold Pose • Uttanasana



4. Upward Forward Fold Pose • Urdhva Uttanasana



5. Four Limbed Staff Pose • Chaturanga Dandasana



6. Upward Facing Dog Pose • Urdhva Mukha Svanasana



7. Downward Facing Dog Pose • Adho Mukha Svanasana



8. Upward Forward Fold Pose • Urdhva Uttanasana



9. Standing Forward Fold Pose • Uttanasana



10. Volcano Pose • Urdhva Hastasana



11. Mountain Pose • Tadasana



1. **Mountain Pose** •
Tadasana



2. **Chair Pose** • Utkatasana



3. **Standing Forward Fold Pose** • Uttanasana



4. **Upward Forward Fold Pose** • Urdhva Uttanasana



5. **Four Limbed Staff Pose** • Chaturanga Dandasana



6. **Upward Facing Dog Pose** • Urdhva Mukha Svanasana



7. **Downward Facing Dog Pose** • Adho Mukha Svanasana



8. **Warrior Pose I** • Virabhadrasana I



9. **Four Limbed Staff Pose** • Chaturanga Dandasana



10. **Upward Facing Dog Pose** • Urdhva Mukha Svanasana



11. **Downward Facing Dog Pose** • Adho Mukha Svanasana



12. **Warrior Pose I** • Virabhadrasana I



13. **Four Limbed Staff Pose** • Chaturanga Dandasana



14. **Upward Facing Dog Pose** • Urdhva Mukha Svanasana



15. **Downward Facing Dog Pose** • Adho Mukha Svanasana



16. **Upward Forward Fold Pose** • Urdhva Uttanasana



17. **Standing Forward Fold Pose** • Uttanasana



18. **Chair Pose** • Utkatasana



19. **Mountain Pose** • Tadasana



1. **Hand to Big Toe Pose** •
Padangusthasana



2. **Standing Forward Bend** •
Under Feet Pose • Uttanasana
Variation Hands Under Feet Pose



3. **Extended Triangle Pose** •
Utthita Trikonasana



4. **Revolved Triangle Pose** •
Parivrtta Trikonasana



5. **Extended Side Angle Pose** •
Utthita Parsvakonasana



6. **Revolved Side Angle Pose** •
Hands On Floor • Parivrtta
Parsvakonasana Hands On Floor



7. **Intense Leg Stretch Pose** •
Prasarita Padottanasana



8. **Intense Leg Stretch Pose B** •
Prasarita Padottanasana B



9. **Intense Leg Stretch Pose C** •
Prasarita Padottanasana C



10. **Intense Leg Stretch Pose D** •
Prasarita Padottanasana D



11. **Intense Side Stretch Pose** •
Parsvottanasana



12. **Tree Pose** • Vrksasana



13. **Standing Hand To Knee Pose** •
Tadasana Janu Hastasana



14. **Standing Balance One Leg** •
Raised



15. **Standing Forward Fold Pose** •
Uttanasana



16. **Chair Pose** • Utkatasana



17. **Crow Pose** • Kakasana



18. **Warrior Pose I** •
Virabhadrasana I



19. **Warrior Pose II** •
Virabhadrasana II



Baddha Konasana



Baddha Konasana A



Baddha Konasana B



Ardha Matsyendrasana Variation
Hand Up Leg



Ardha Matsyendrasana Variation
Hand Up



Navasana



Navasana



Navasana



Salabhasana



Salabhasana Elbows



Setubandha Sarvangasana



Setubandha Sarvangasana
Variation Hands Support



Urdhva Dhanurasana



Paschimottanasana



Sarvangasana



Halasana



Pindasana



Matsyasana



Savasana