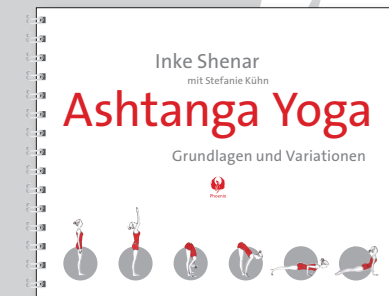


Ashtanga Yoga

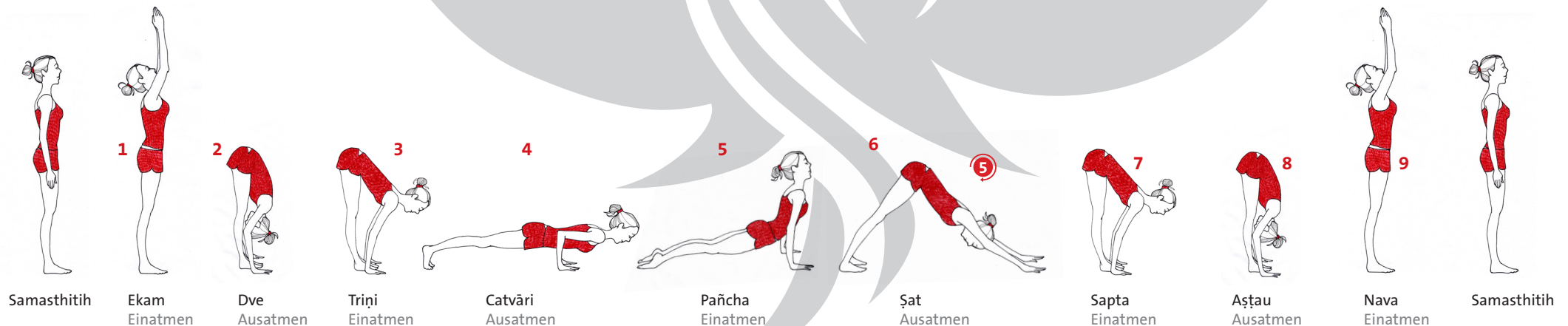
Sonnengrüße, Standpositionen
und Abschlussequenz kompakt
als Übungsabfolge

Nach dem Buch »Ashtanga Yoga«
von Inke Shenar und Stefanie Kühn

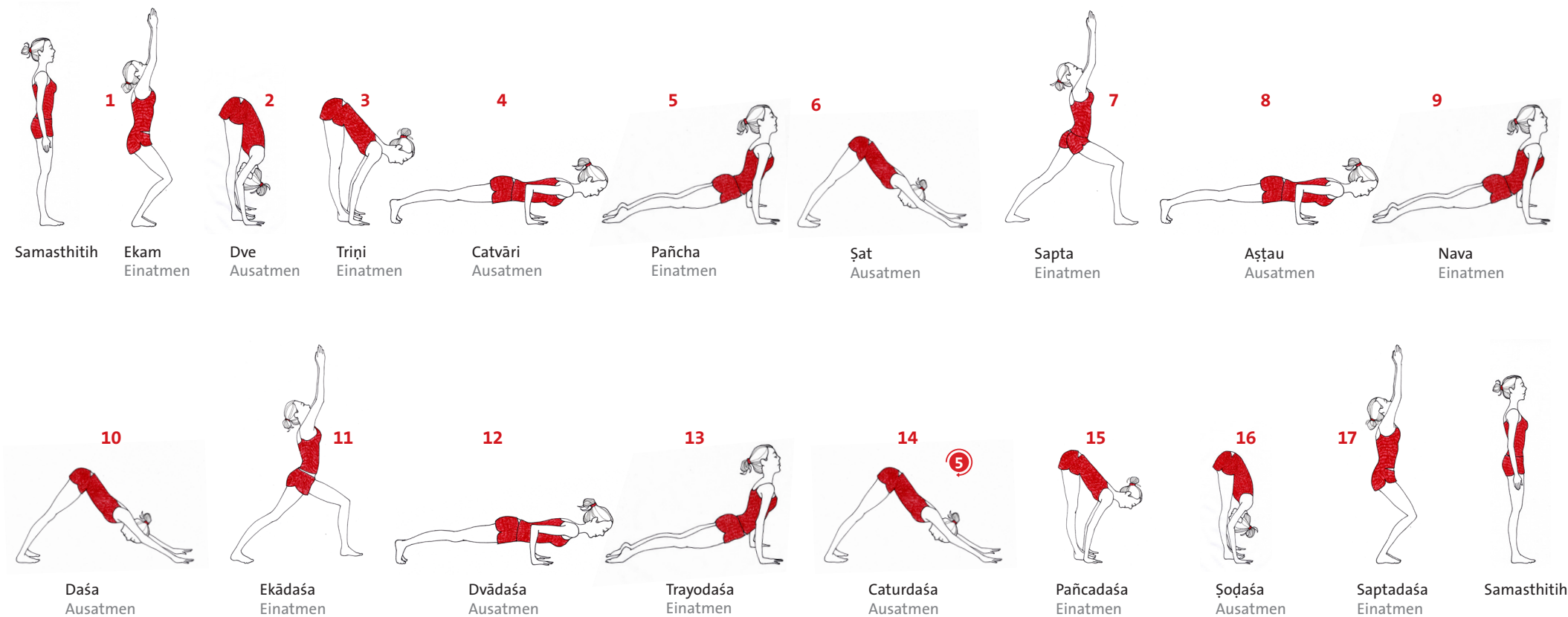


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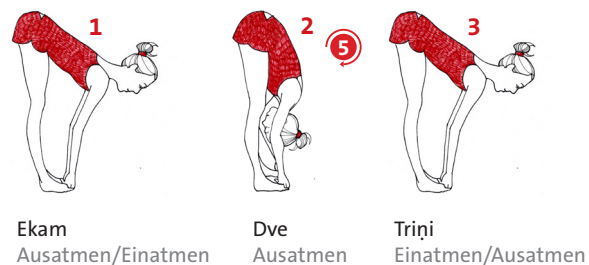
Sūrya Namaskāra A | Sonnengruß A



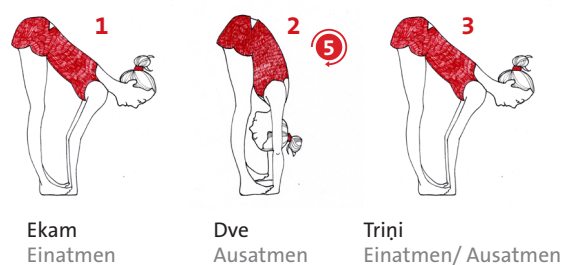
Sūrya Namaskāra B | Sonnengruß B



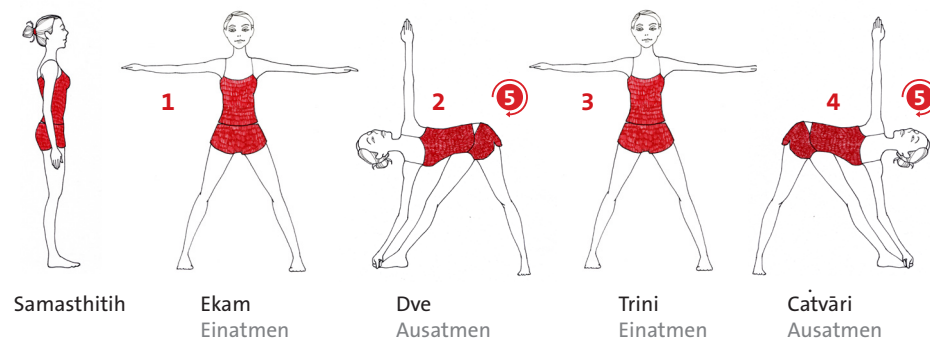
Pādāṅguṣṭhāsana | Große-Zeh-Haltung



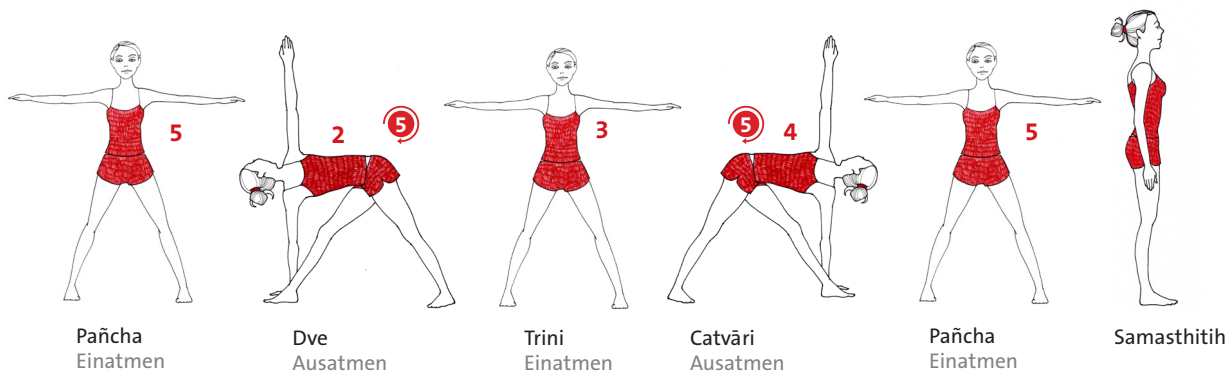
Pādāhastāsana



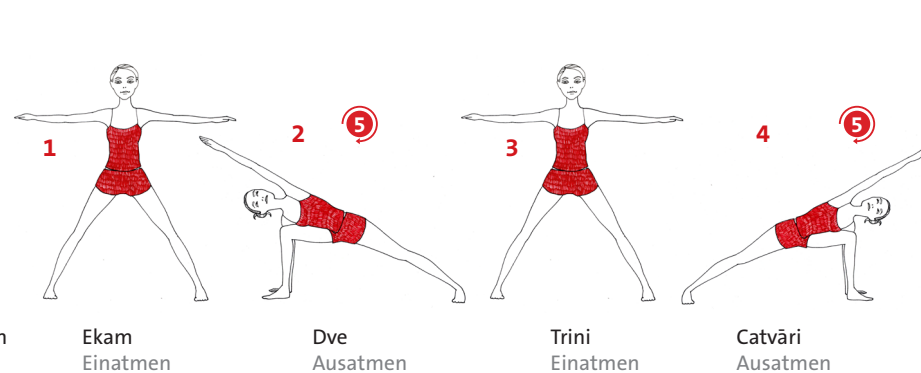
Trikoṇāsana A | Dreieckshaltung A



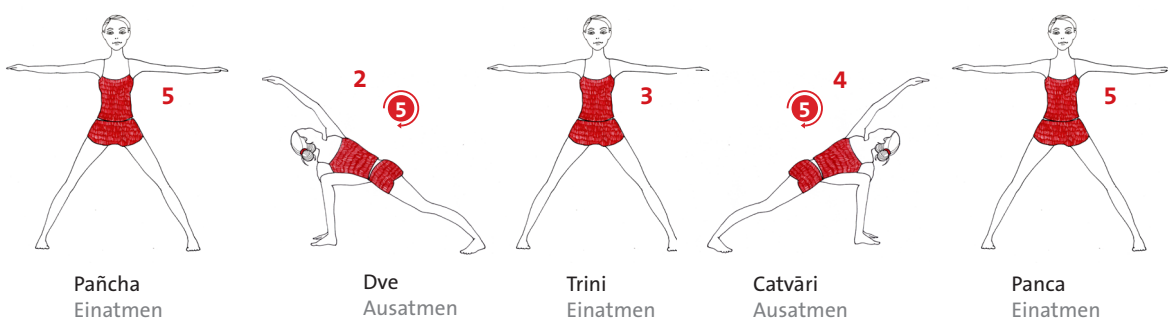
Trikoṇāsana B | Dreieckshaltung B



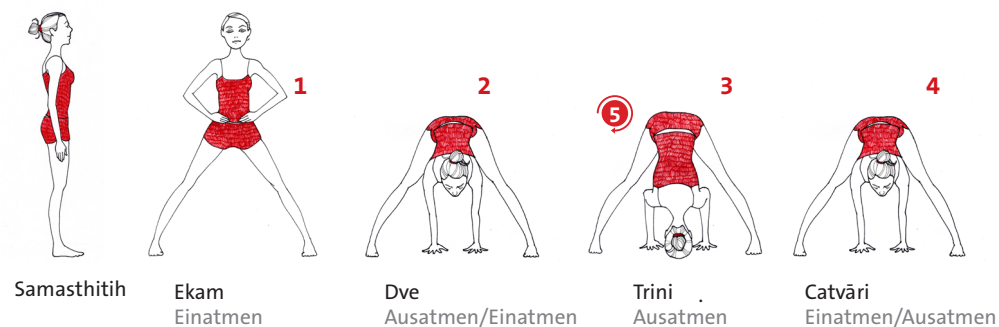
Parśvakoṇāsana A | seitliche Winkelhaltung A



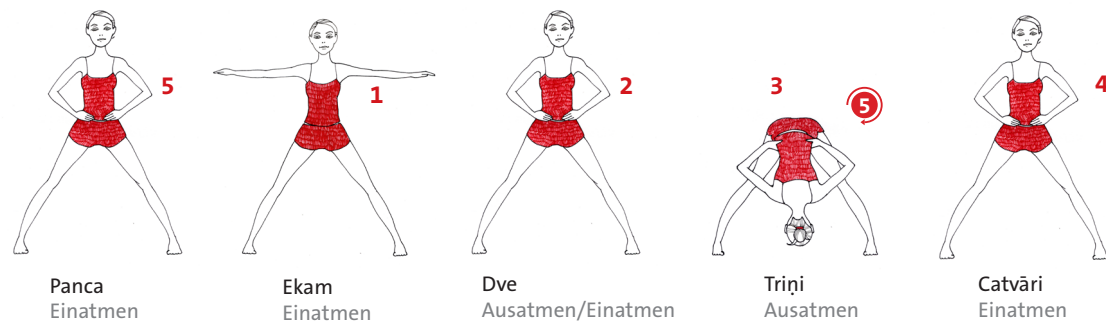
Parśvakoṇāsana B | seitliche Winkelhaltung B



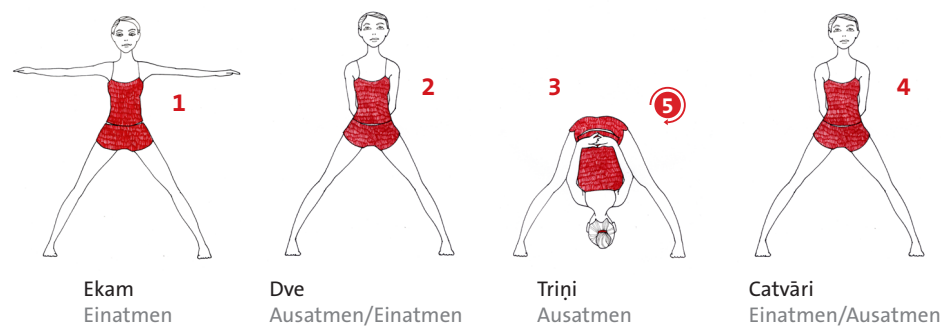
Prasārita Pādottānāsana A



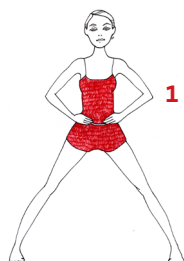
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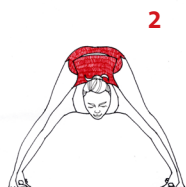
Prasārita Pādottānāsana C



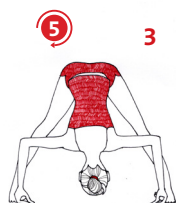
Prasārita Pādottānāsana D



Ekam
Einatmen



Dve
Ausatmen/Einatmen



Triṇi
Ausatmen



Catvāri
Einatmen/Ausatmen



Panca
Einatmen



Samasthitih



Ekam
Einatmen



Dve
Ausatmen



Triṇi
Einatmen

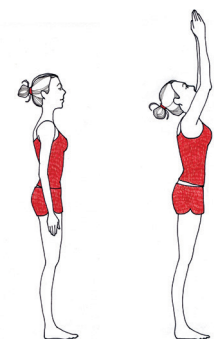


Catvāri
Ausatmen



Panca
Einatmen

Pārsvottānāsana



samasthitih
nāsāgrai



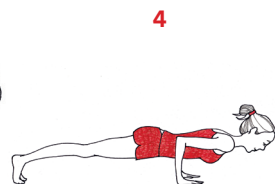
ekam
Einatmen
aṅguṣṭha
madhyai



dve
Ausatmen
nāsāgrai



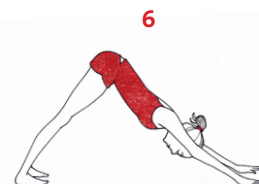
triṇi
Einatmen
bhrūmadhya



catvāri
Ausatmen
nāsāgrai



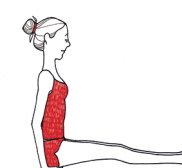
pañca
Einatmen
bhrūmadhya



ṣaṭ
Ausatmen
nābhi cakra



Einatmen



Ausatmen/Einatmen

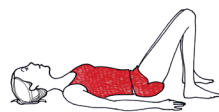


Ausatmen

Abschlussequenz



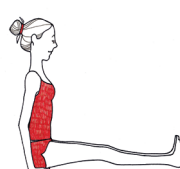
Einatmen



Ausatmen



Einatmen/Ausatmen



Einatmen



Ausatmen



Einatmen



Ausatmen



Einatmen



Entspannung tut gut!
Gönn Dir zehn Minuten

Ruheposition
natürlicher Atemfluss