

Vorbereitung

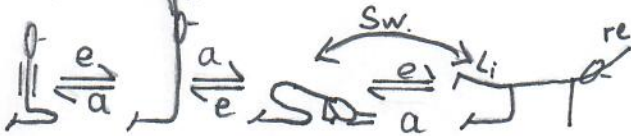
Samasthiti



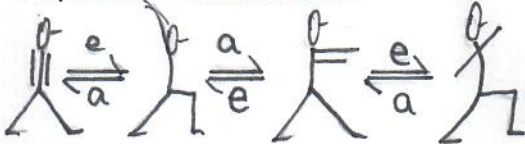
Tadāsana (Zehenstand)



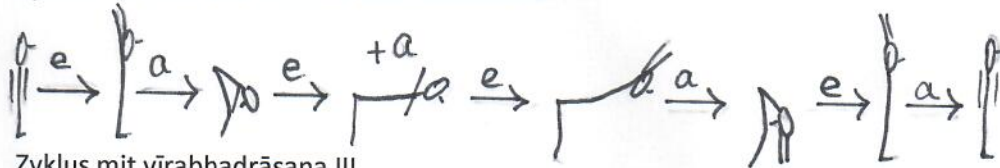
Vinyāsa von vajrāsana zu cakravākāsana mit Variation



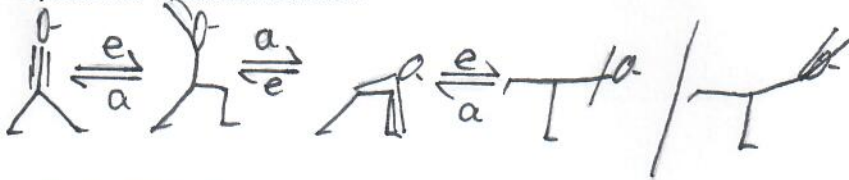
Vinyāsa mit vīrabhadrāsana I



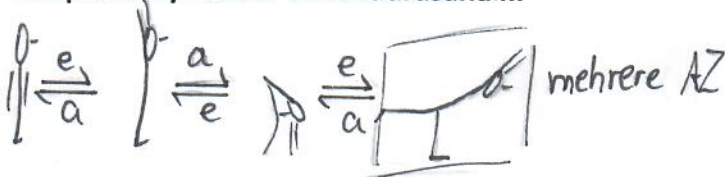
Zyklus mit uttānāsana und ardha uttānāsana



Zyklus mit vīrabhadrāsana III



Hauptāsana/ Statik: vīrabhadrāsana III

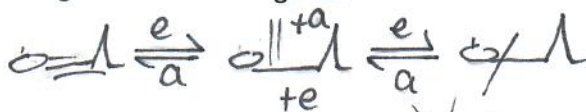


Ausgleich

Vinyāsa mit apānāsana und ūrdhva prasṛta pādāsana



Ausgleich für Schultergürtel



Entspannung/ Meditation



„Im Herzen eines Menschen ruht der Anfang und das Ende aller Dinge“ (Leo Tolstoi)