

# Ashtanga Yoga "Sitzpositionen" (Beginner)

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5B  Dandasana	5B  Paschimottanasana A	5B  Paschimottanasana B	 Vinyasa I	5B  Ardha Purvottanasana	 Vinyasa I	2x5B  Ardha Baddha Padma Paschimottanasana	 Vinyasa I
2x5B  Trianga Mukhaikapada Paschimottanasana	 Vinyasa I	2x5B  Janu Sirsasana A	 Vinyasa I	2x5B  Janu Sirsasana B	 Vinyasa I	2x5B  Janu Sirsasana C	 Vinyasa I
2x5B  Marichyasana A	 Vinyasa I	2x5B  Marichyasana B	 Vinyasa I	2x5B  Marichyasana C	 Vinyasa I	2x5B  Marichyasana D	 Vinyasa I