

Ashtanga Yoga "Stehpositionen" (Fortgeschrittene)

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 Samasthitih	5B  Padangusthasana	5B  Pada Hastasana	 Samasthitih	5B  Utthita Trikonasana	5B  Parivrtta Trikonasana	 Samasthitih	5B  Utthita Parsvakonasana	5B  Parivrtta Parsvakonasana	
 Samasthitih	5B  Prasarita Padottanasana	5B  Prasarita Padottanasana B	5B  Prasarita Padottanasana C	5B  Prasarita Padottanasana D	 Samasthitih	5B  Parsvottanasana	 Samasthitih		
5B  Utthita Hasta Padangusthasana Forward Bend	5B  Utthita Hasta Padangusthasana	5B  Utthita Hasta Padangusthasana In Front		 Samasthitih	5B  Ardha Baddha Padmottanasana	 Samasthitih	 Vinyasa I		
5B  Utkatasana	 Vinyasa I		5B  Virabhadrasana I	5B  Virabhadrasana I	5B  Virabhadrasana II	5B  Virabhadrasana II	 Vinyasa I		 Dandasana