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by Carmen Grabmeier - www.carmengrabmeier.de

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|---|--|--|--|---|---|---|---|
| <p>5B</p>  <p>Dandasana</p> | <p>5B</p>  <p>Paschimottanasana A</p> | <p>5B</p>  <p>Paschimottanasana A</p> |  <p>Vinyasa I</p> | <p>5B</p>  <p>Purvottanasana</p> |  <p>Vinyasa I</p> | <p>2x5B</p>  <p>Ardha Baddha Padma Paschimottanasana</p> |  <p>Vinyasa I</p> |
| <p>2x5B</p>  <p>Trianga Mukhaikapada Paschimottanasana</p> |  <p>Vinyasa I</p> | <p>2x5B</p>  <p>Janu Sirsasana A</p> |  <p>Vinyasa I</p> | <p>2x5B</p>  <p>Janu Sirsasana A</p> |  <p>Vinyasa I</p> | <p>2x5B</p>  <p>Janu Sirsasana A</p> |  <p>Vinyasa I</p> |
| <p>2x5B</p>  <p>Marichyasana A</p> |  <p>Vinyasa I</p> | <p>2x5B</p>  <p>Marichyasana B</p> |  <p>Vinyasa I</p> | <p>2x5B</p>  <p>Marichyasana C</p> |  <p>Vinyasa I</p> | <p>2x5B</p>  <p>Marichyasana D</p> |  <p>Vinyasa I</p> |

Ashtanga Yoga "Sitzpositionen" (Teil II)

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|---|---|--|---|--|---|---|---|
| <p>3x5B</p>  <p>Navasana</p> |  <p>Vinyasa I</p> | <p>5B</p>  <p>Bhujapidasana</p> |  <p>Vinyasa I</p> | <p>5B</p>  <p>Kurmasana</p> | <p>5B</p>  <p>Supta Kurmasana</p> |  <p>Vinyasa I</p> | <p>5B</p>  <p>Garbhasana</p> |
| <p>5B</p>  <p>Kukkutasana</p> |  <p>Vinyasa I</p> | <p>5B</p>  <p>Buddha Konasana A</p> | <p>5B</p>  <p>Buddha Konasana A</p> |  <p>Vinyasa I</p> | <p>5B</p>  <p>Upavishta Konasana</p> | <p>5B</p>  <p>Upavishta Konasana</p> |  <p>Vinyasa I</p> |
| <p>5B</p>  <p>Supta Konasana</p> | <p>5B</p>  <p>Upavishta Konasana</p> |  <p>Vinyasa I</p> | <p>5B</p>  <p>Supta Padangusthasana A</p> | <p>5B</p>  <p>Supta Padangusthasana B</p> |  <p>Vinyasa I</p> | <p>5B</p>  <p>Ubhaya Padangusthasana</p> |  <p>Vinyasa I</p> |
| <p>5B</p>  <p>Urdhva Mukha Paschimottanasana</p> |  <p>Vinyasa I</p> | <p>5B</p>  <p>Setu Bandhasana</p> |  <p>Vinyasa I</p> | | | | |