

# Sequenz Yoga Anfänger "Stehpositionen"

by Carmen Grabmeier - Yoga & Ayurveda

 Samasthitih	5B  Padangusthasana	5B  Pada Hastasana	 Samasthitih	 Utthita Tadasana	5B  Utthita Trikonasana	 Utthita Tadasana	5B  Utthita Trikonasana
 Utthita Tadasana	5B  Parivrtta Trikonasana	 Utthita Tadasana	5B  Parivrtta Trikonasana	 Utthita Tadasana	 Samasthitih	5B  Utthita Parsvakonasana Variation Elbow Arm	 Utthita Tadasana
5B  Utthita Parsvakonasana Variation Elbow Arm	 Utthita Tadasana	5B  Saral Parivrtta Parsvakonasana	 Utthita Tadasana	5B  Saral Parivrtta Parsvakonasana	 Utthita Tadasana	 Samasthitih	
5B  Prasarita Padottanasana	 Utthita Tadasana	5B  Prasarita Padottanasana B	 Utthita Tadasana	5B  Prasarita Padottanasana C	5B  Prasarita Padottanasana D	 Samasthitih	 Vorbereitung

5B  Parsvottanasana	5B  Parsvottanasana	 Samasthitih	3x5B  Utthita Hasta Padangusthasana	3x5B  Utthita Hasta Padangusthasana	 Samasthitih	5B  Vrksasana	5B  Vrksasana
 Samasthitih	 Urdhva Hastasana	 Uttanasana	 Urdhva Uttanasana	 Schiefe Ebene / Brett	 Caturanga Dandasana (Knie am Boden)	 Cobra	 Adho Mukha Svanasana
5B  Utkatasana	 Uttanasana	 Urdhva Uttanasana	 Schiefe Ebene / Brett	 Caturanga Dandasana (Knie am Boden)	 Cobra	 Adho Mukha Svanasana	 Utthita Ashwa Sanchalanasana
5B  Virabhadrasana I	5B  Virabhadrasana I	5B  Virabhadrasana II	5B  Virabhadrasana II	 Utthita Ashwa Sanchalanasana	 Schiefe Ebene / Brett	 Caturanga Dandasana (Knie am Boden)	 Cobra
 Adho Mukha Svanasana		 Nach vorne Steigen zum Sitzen		5B  Dandasana			