

A) Einstimmung: (2-5 Min.)

1. Zentrieren:
spüren, atmen ...

Morgens

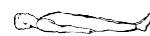
Bequemer Sitz,
Sukhāsana



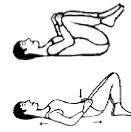
Berg,
Tāda
āsana



Abends
Ruhelage,
Śavāsana



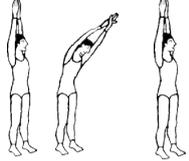
Krokodil dynam.
(auf Grundspannung
achten)



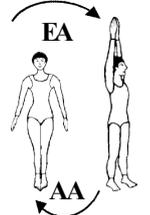
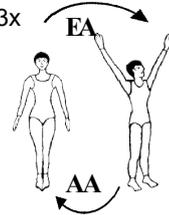
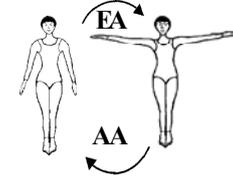
2. Vorbereitung, "Aufwärmen":

a) strecken, räkeln, gähnen

Halbmond im Stehen



b) "Dreifacher Atem": je 3x



c) Mondreihe oder
Sonnengruß

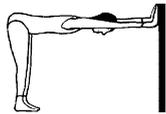
B) Hauptteil:

1. Stehstellungen: dynamisch, statisch

Bergstellung
Tādāsana



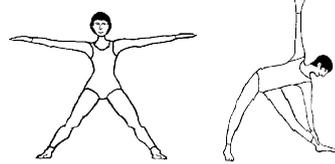
Rücken strecken
Uttānāsana



Baum, Vṛkṣāsana

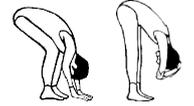


Dreieck, (Utthita-)
Trikonāsana



Zwischenentspannung
nach Bedarf:

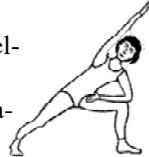
Gedehnte Vorbeuge,
Uttānāsana
(auch "abgestützt" möglich)



Virābhadrāsana 2
Seitlicher Held



Seitliche Winkel-
haltung
(Utthita) Pārśva-
konāsana



Pārśvottān-
āsana

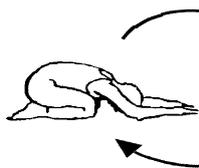


Gedehnte Vorbeuge,
Uttānāsana

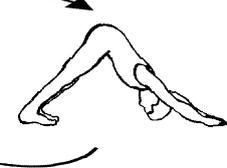
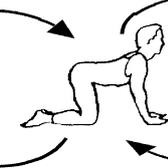


2. Bodenhaltungen

Katze,
Cakravākāsana, Mārjāryāsana



Hund 1 ("mit dem Kopf unten")
Adho-mukha-śvānāsana



Stocksitz
Daṇḍāsana



Zwischenentspannung
nach Bedarf:
Kutschersitz



Boot,
Paripūrṇa-nāvāsana



Schustersitz
Baddha-
Koṇāsana



Jānu-śīrṣāsana
"Knie-Kopf"



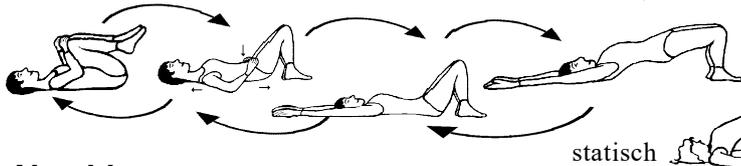
Drehsitz
Matsyendrāsana



Kutschersitz, oder
„Dehnung des Westens“
Pāścimottāntāsana



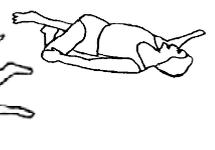
Schulterbrücke, Setu-bandha-sarvāṅgāsana, Dvipāda-pīṭham



Drehlage, Krokodil
dynamisch

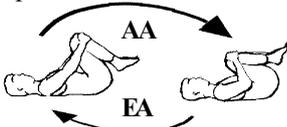


statisch

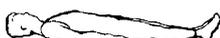


C) Abschluss (min. 3 Min.)

Apānāsana



Ruhelage, Śavāsana



Atemübung
Meditation



Das Programm ist für Personen,
die die Übungen schon kennen.
Es kann kompetente Anleitung
nicht ersetzen!