



TeleYoga 8

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swastikasana
 urdhva hasta swastikasana
 adho mukha swastikasana
 parsva adho mukha swastikasana

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 adho mukha virasana
 adho mukha svanasana
 uttanasana
 urdhva hastasana
 tadasana
 urdhva hastasana
 uttanasana
 urdhva hastasana
 tadasana
 gomukhasana in tadasana

..
 utkatasana

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 ..
 shalabhasana
 ustrasana

..
 prasarita padottanasana
 salamba sirsana

..
 virasana
 parsva virasana

..
 supta padangusthasana I
 pavanmukthasana

..
 viparita karani
 urdhva prasarita padasana

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Hilfsmittel:

1-2 Klötze
 Wand
 Gurt