



## TeleYoga 18

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swastikasana	gomukhasana
..	adho mukha svanasana
urdhva prasarita padasana	uttanasana
ardha uttanasana	..
..	salamba sirshasana
tadasana	baddha konasana in sirshasana
urdhva baddhanguliyasana	adho mukha virasana
tadasana	..
..	halasana
uttanasana	eka pada sarvangasana
urdhva prasarita eka padasana	salamba sarvangasana
..	eka pada sarvangasana
utthita hasta padangusthasana I	salamba sarvangasana
parivrtta hasta padangusthasana	baddha konasana in sarvangasana
ardha uttanasana	halasana
..	karna padasana
virasana	..
parsva virasana	savasana
adho mukha svanasana	..
..	..

### Hilfsmittel:

2 Klötze  
3 Decken  
Gurt  
Stuhl  
Wand