



## TeleYoga 30

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swastikasana  
 adho mukha virasana  
 ..  
 supta tadasana  
 urdhva hasta supta tadasasana  
 urdhva hasta padasana  
 ..  
 adho mukha svanasana  
 ..  
 tadasana  
 urdhva hastasana  
 tadasana  
 ..  
 virabhadrasana I  
 ardha uttanasana  
 virabhadrasana III  
 ardha uttanasana  
 ..

urdhva dhanurasana  
 ..  
 prasarita padottanasana  
 bharadvajasana  
 ..  
 chair sarvangasana  
 baddha konasana in chair sarvangasana  
 adho mukha swastikasana  
 ..  
 savasana  
 ..

### Hilfsmittel:

Wand  
 Stuhl  
 Klotz  
 Gurt  
 Polster  
 Decke