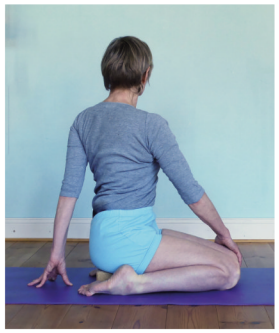
Zentrierende Sequenz: **© Iyengar-Yoga Beate Scholz - Lüchow**

1. Virasana
2- 5 min.

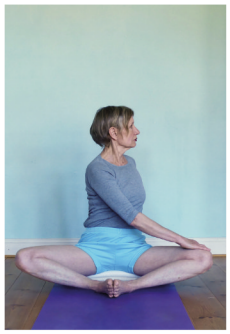
2. Parvatasana
15 - 30 sec.



3. Parsva Virasana
20 - 30 sec. je Seite

4. Baddha Konasana
2 - 5 min.

5. Urdhva Hastasana
15 sec..

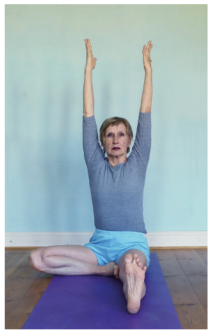


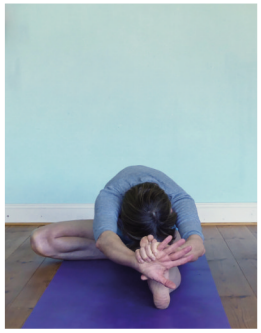
6. Parsva Baddha Konasana
20 - 30 sec..

7. Upavista Konasana
1 - 3 min.

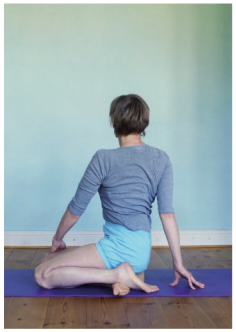
8. Urdhva Hastasana
in Upavista Konasana
15 sec.

9. Parsva Upavista Konasana
ca 1 min. pro Seite





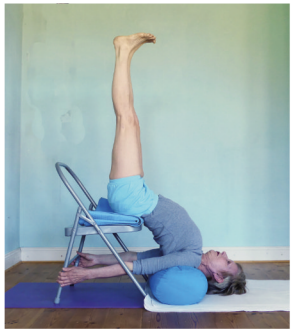
10. Janu Sirsanana
1 min pro Seite



11. Bharadvajasana
ca 1 min pro Seite

12. Viparita Dandasana
3 - 5 min.

13. Sarvangasana
ca. 5 min.



14. Viparita
Karani in
Sarvangasana
ca. 2 min.

15. Baddha Konasana in
Sarvangasana
ca. 2 min.

16. Viparita Karani
2 - 5 min.