



Haupt Asanas der ersten Serie

samasthiti

suryanamaskar

1. padangusthasana

2. padahastasana

3. utthitatrikonasana

4. utthitaparshvakonasana

5. prasaritapadotanasana

6. parshvottanasana

7. utthitahastapadangustasana

8. ardhabaddhapadmottanasana

9. utkatasana

10. virabhadrasana

11. pascimottanasana

12. purvottanasana

13. ardhabaddhapadmapashimottanasana

14. tiryangmukhaikapadapashimottanasana

15. janusirsasana

16. marichyasana

17. navasana

18. bhujapidasana

19. kurmasana

20. suptakurmasana

21. gharbhabhindasana

22. kukkutasana

23. baddhakonasana

24. upavistakonasana

25. suptakonasana

26. suptapadangustasana

27. ubhaya padangustasana

28. urdhva mukhapashimottanasana

29. setubandasana

30. urdhvadhanurasana

31. salamba sarvangasana

32. halasana

33. karnapidasana

34. urdhvapadmasana

35. pindasana

36. matsyasana

37. uttanapadasana

38. sirsasana

39. baddhapadmasana

40. yogamudra

41. padmasana

42. utpluti