



Übungsprogramm 7 (Regeneratives Üben)

“Yoga allows you to find an inner peace that is not ruffled and riled by the endless stresses and struggles of life.”

~ B.K.S. Iyengar



1. Eka Pāda & Dvi Pāda Supta Pavana Mukṭāsana



2. Supta Pādāṅguṣṭhāsana I; III; (lateral)



3. Upaviṣṭa Koṅṭāsana



4. Baddhakoṅṭāsana / Supa Baddhakoṅṭāsana / Yogamudrāsana in Sukhāsana



5. Adho Mukha Śvanāsana / Uttānāsana / Adho Mukha Śvanāsana



6. Vīrāsana und Zyklus



7. Śīrṣāsana



8. Dvi Pāda Viparīta Daṇḍāsana (mit Stütze)

Viparīta: umgekehrt (-e Stockstellung)



9. Bharadvajāsana



10. S. Sarvāṅgāsana / Halāsana / Viparīta Karaṇī /



11. Setu Bandha Sarvāṅgāsana / Śavāsana *Setu: Brücke; Bandha: Verbindung*



Prāṅyāma

12. **Viloma I** (3-5 Minuten)
Unterbrochene Einatmung

13. **Viloma II** (3-5 Minuten)
Unterbrochene Ausatmung

14. **Ujjay II** (3-5 Minuten)
Lange, tiefe Ausatmung

15. **Ujjay III** (3-5 Minuten)
Lange, tiefe Einatmung

16. **Śavāsana** (3-5 Minuten)