



Hatha Yoga GL

Rückbeugen

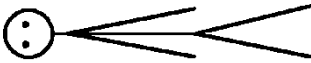
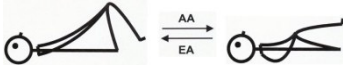
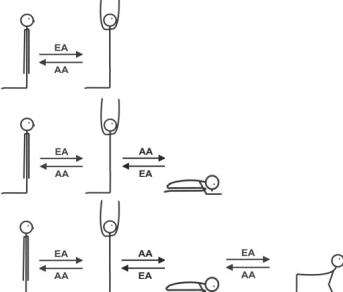
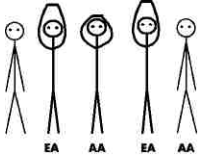
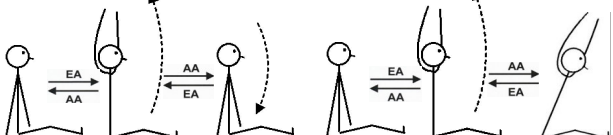
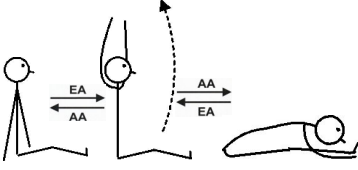
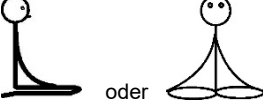
Praxis

Veronika Karl/Monika Mayer
Yogalehrerin BDY/EYU

12. – 13. September 2026
Nürnberg

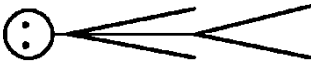
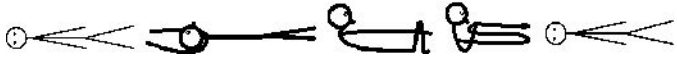
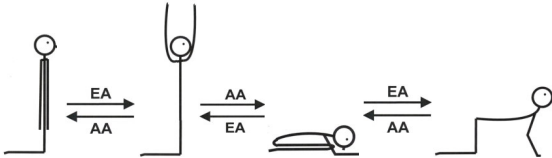
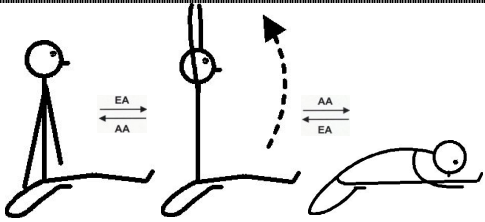
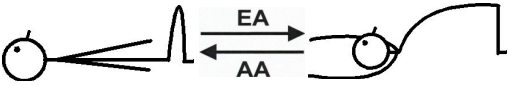
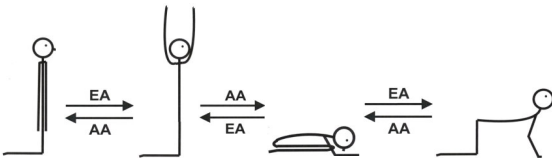


Übungspraxis zu paścimatānāsana

Ankommen RL und einspüren (bodyscan) Wie geht es mir gerade – K-A-G?	
Reinigungsatmung	
Apānāsana Fokus AA	
apānāsana und ūrdhva prasṛta padāsana	
Vinyāsa: KnS-yoga mudrā-cakravākāsana schrittweiser Aufbau	
Streckung Arme über die Seiten bewegen	
daṇḍāsana Mit Arme heben	
Paścimatānāsana	
dvipāda pīṭham	
śavāsana	
Sitz und Tönen	



Übungspraxis zu janu śīrṣāsana

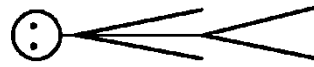
Ankommen RL und einspüren (bodyscan) Wie geht es mir gerade – K-A-G?	
Reinigungsatmung	
Einseitig: apānāsana mit ūrdhva prasṛta padāsana	
Vinyāsa: KnS-yoga mudrā-cakravākāsana	
janu śīrṣāsāna	
dvipāda pīṭham	
Vinyāsa: KnS-yoga mudrā-cakravākāsana	
śavāsana	



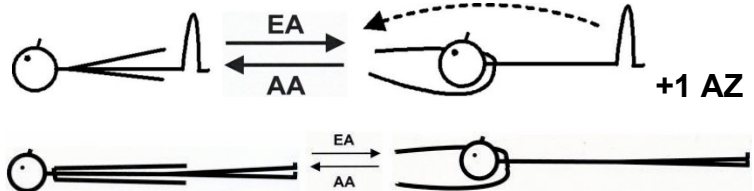
Übungspraxis zu vīrabhadrāsana

Ankommen

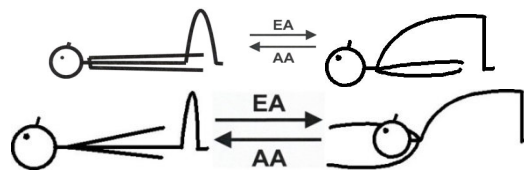
RL und einspüren (bodyscan)
Wie geht es mir gerade – K-A-G?



Armbewegung in der Rückenlage



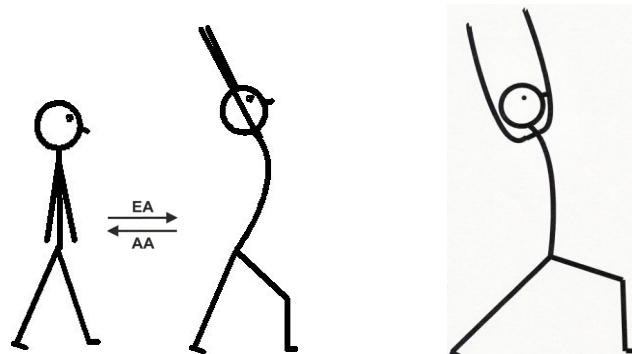
dvipāda pīṭham



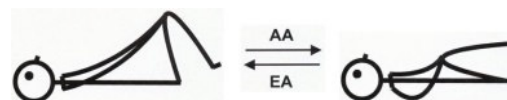
Einseitig: apānāsana mit ūrdhva prasṛta padāsana



samasthiti + vīrabhadrāsana (1) 4x jede Seite, Pause, mit Korrektur in der Haltung



apānāsana



śavāsana





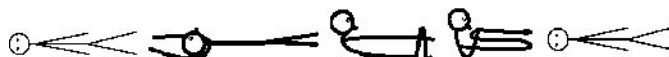
Übungspraxis zu vīrabhadrāsana

Ankommen

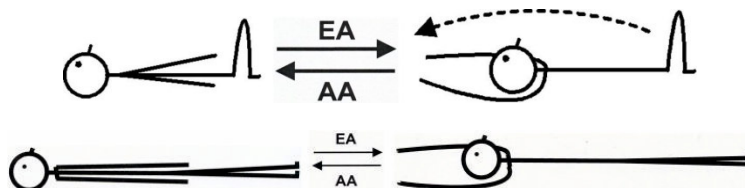
RL und einspüren (bodyscan)
Wie geht es mir gerade – K-A-G?



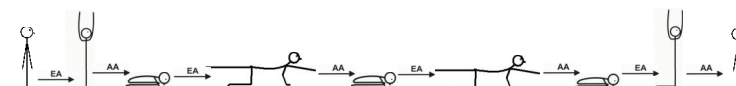
Reinigungsatmung



Armbewegung in der Rückenlage

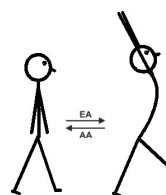


Kniestand und cakravakāsana

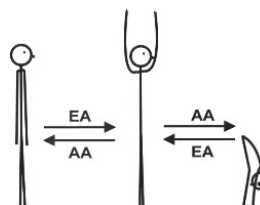


samasthiti + vīrabhadrāsana (1)

4x jede Seite, Pause,
2x jede Seite mit 4 AZ



Uttānāsana (Zwischenausgleich)



Vīrabhadrāsana I für die Weite im Herzraum



Vinyāsa mit cakravakāsana

