



**iyengar yoga**  
zentrum berlin

# Iyengar Yoga Sequence

*Emotionale Stabilität & körperliche Kraft /*

*Emotional Stability & Physical Energy*



## I. Ruhiger Beginn / Getting started slowly



1. Supta Baddha Konasana



2. Adho Mukha Virasana



3. Adho Mukha Svanasana, Stirn unterstützt/  
forehead resting.



4. Prasarita Padottanasana



5. Uttanasana mit Stuhl/ with chair, oder/ or:



Uttanasana mit Block/with a brick.

## II. Sonnengruß / Sun salutation: Surya Namaskar 6-12x



Tadasana



Urdhva Hastasana



Uttanasana



Adho Mukha Svanasana



Urdhva Mukha Svanasana



Adho Mukha Svanasana



Uttanasana



Urdhva Hastasana



Tadasana

### III. Umkehrhaltungen & Alternativen / Inversions & Alternatives



Sirsanasana, oder/or:



Prasarita Padotanasana



Salamba Sarvangasana, oder/ or:



Setu Bandha Sarvangasana



Viparita Karani

## IV. Shavasana



## Impressum | Imprint

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