
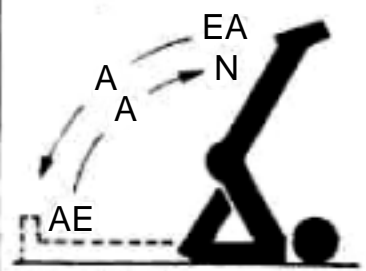
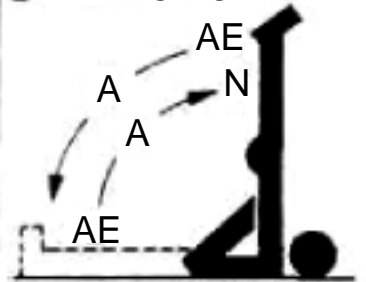
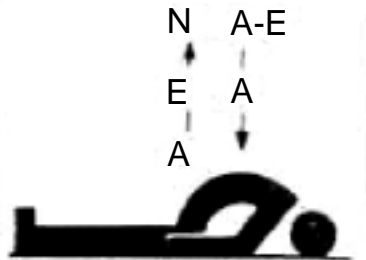
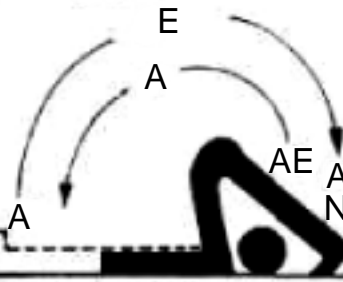
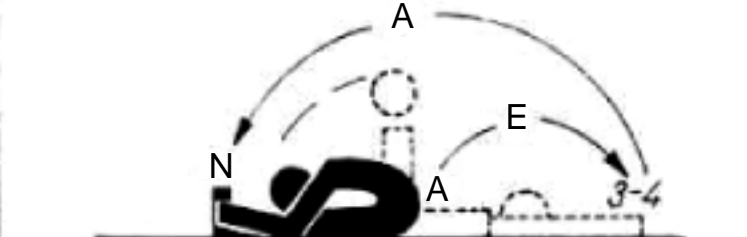
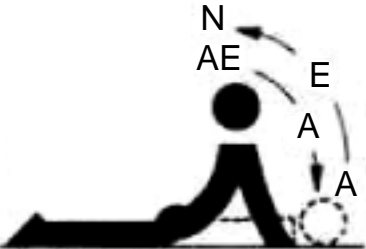



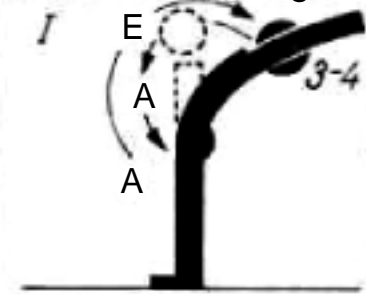
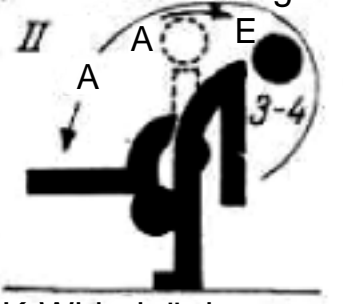
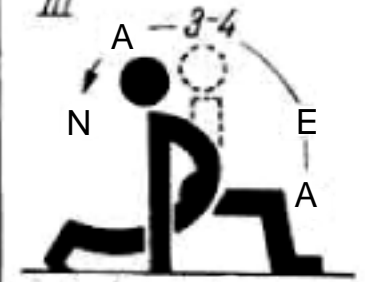
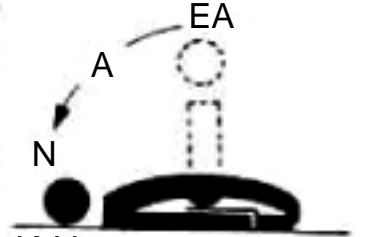

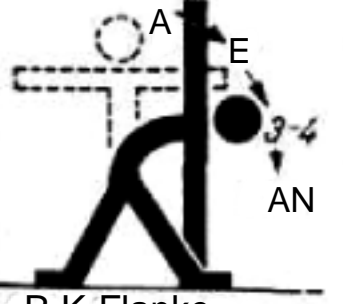



Surya Namaskar

A: Ausatmen  
 E: Einatmen  
 H: Atem halten

Sonnengruß

<p>Atmen</p>  <p>L R</p>	<p>1 Halbkerze</p>  <p>K-Gesicht</p>	<p>2 Kerze</p>  <p>K-Schilddrüse</p>	<p>3 Fisch</p>  <p>K-Schilddrüse</p>
<p>4 Pflug</p>  <p>K-Solarplexus</p>	<p>5 Kopf-Knie-Stellung</p>  <p>K-Wirbelsäule</p>	<p>6 Kobra</p>  <p>K-Wirbelsäule</p>	
<p>7 Halbe Heuschrecke</p>  <p>K-Kreuz</p>	<p>8 Heuschrecke</p>  <p>K-Kreuz</p>	<p>9 Bogen</p>  <p>K-Wirbelsäule</p>	<p>10 Sonnen-Übung</p>  <p>K-Wirbelsäule</p>
<p>11 Sonnen-Übung</p>  <p>K-Wirbelsäule</p>	<p>12 Sonnen-Übung</p>  <p>L,R K-Wirbelsäule</p>	<p>13 Diamant</p>  <p>K-Herz</p>	<p>14 Drehsitz</p>  <p>L,R K-Wirbelsäule</p>
<p>15 Dreieck</p>  <p>L,R K-Flanke</p>	<p>16 Entspannung</p> 	<p>A - Ausatmen  E - Einatmen  N - Normal Atmen  3-4 - Halten 3-4 Sekunden  L,R - Links, Rechts  K - Konzentration des Verstandes</p>	