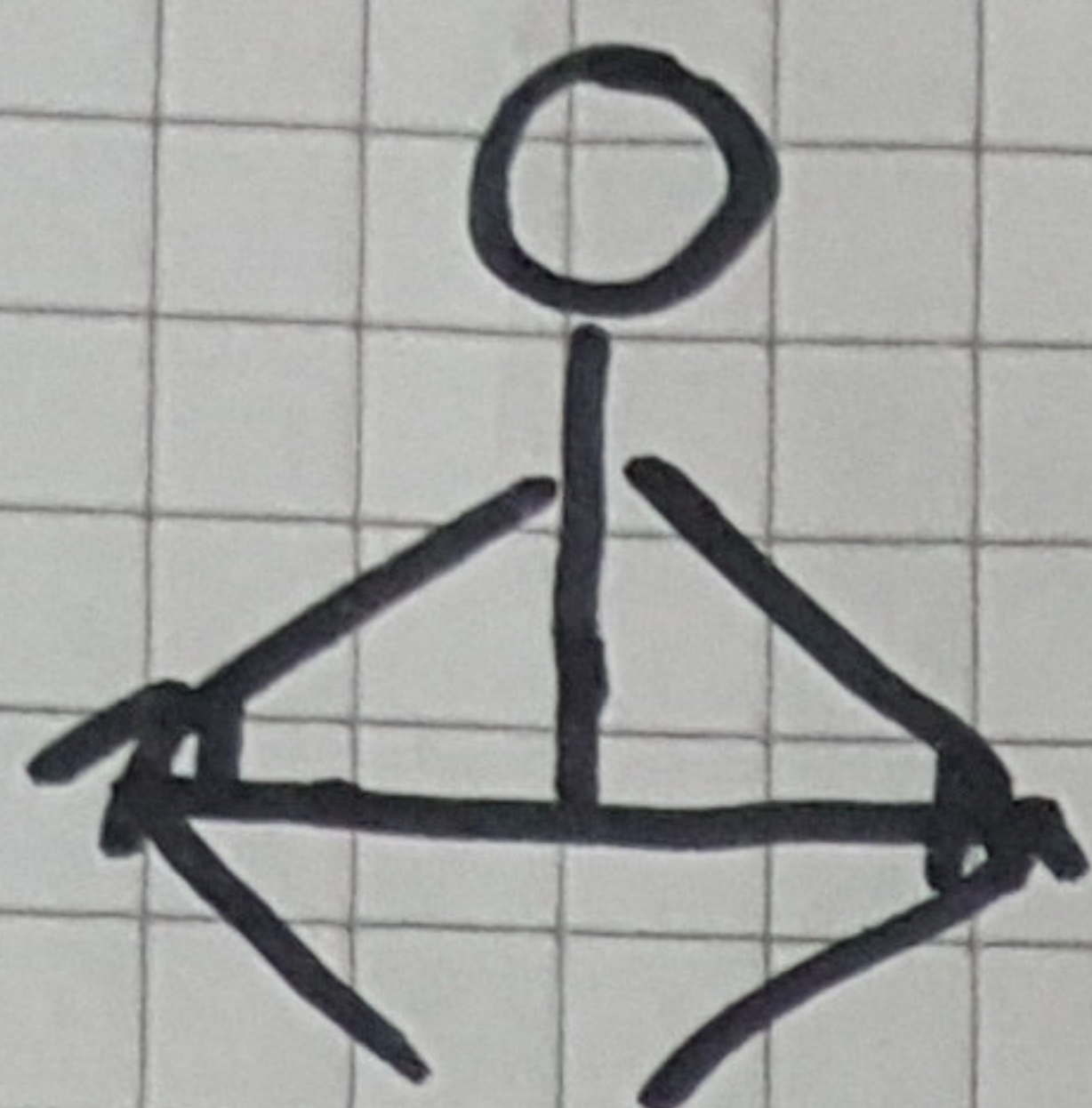
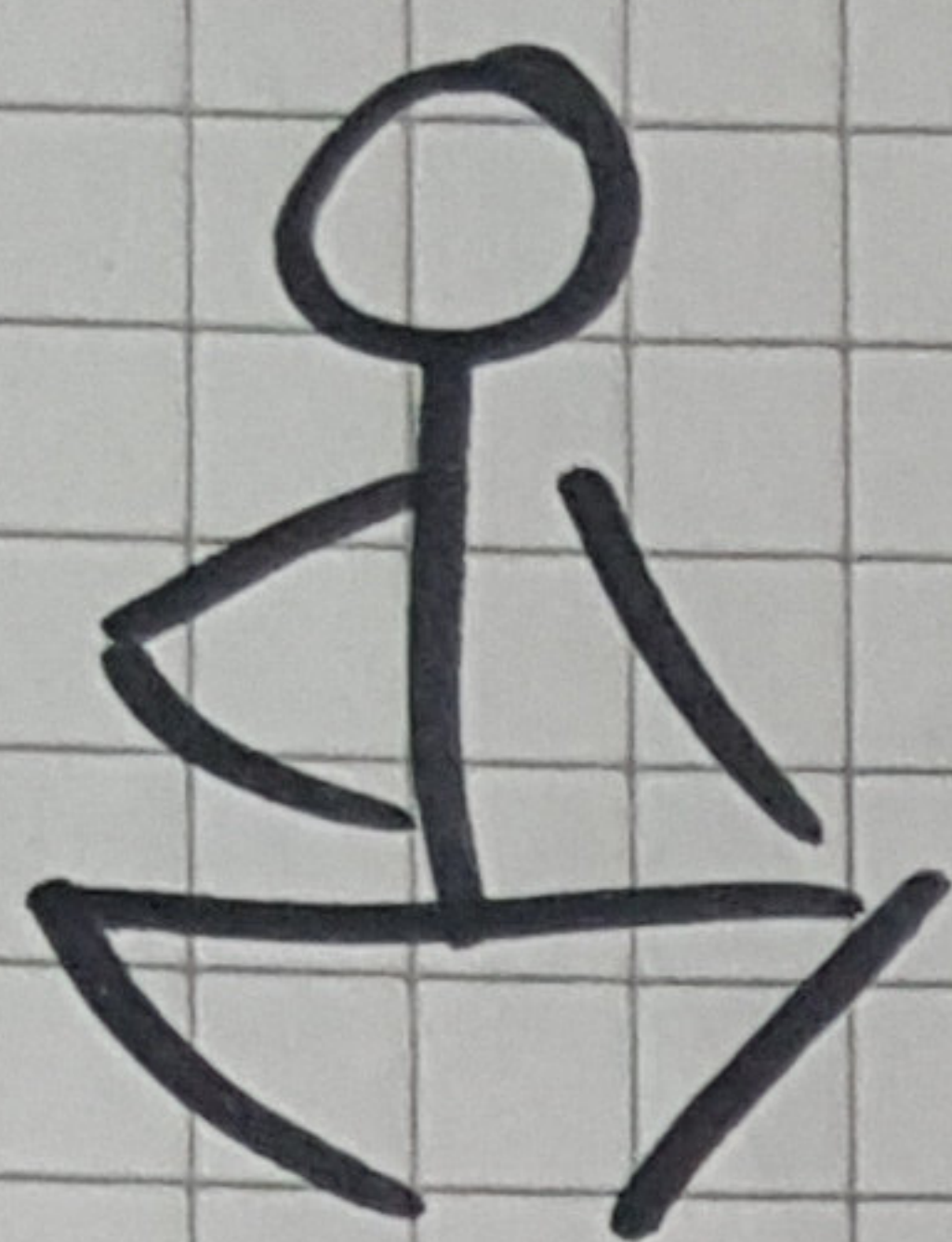


YLA 18 / 1E

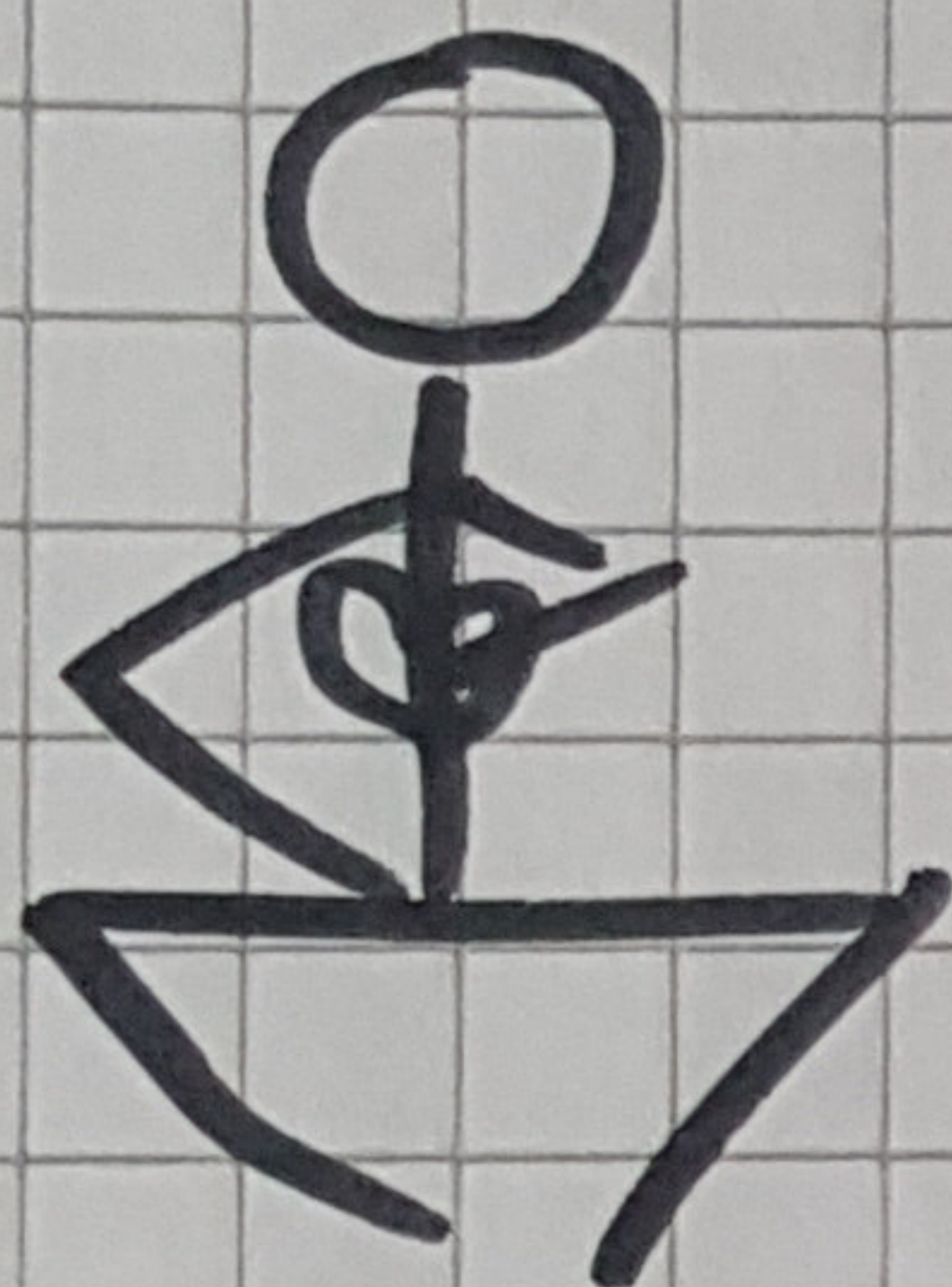
Stephanie Vittres Arias

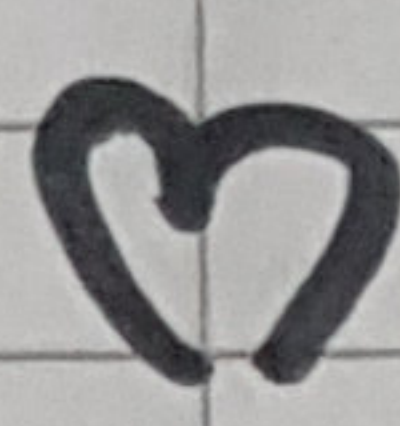


- Ankommen im HIER & JETZT
- Wahrnehmen, Bewusstsein, Alles loslassen & entspannen
- tiefes Ein- u. Ausatmen



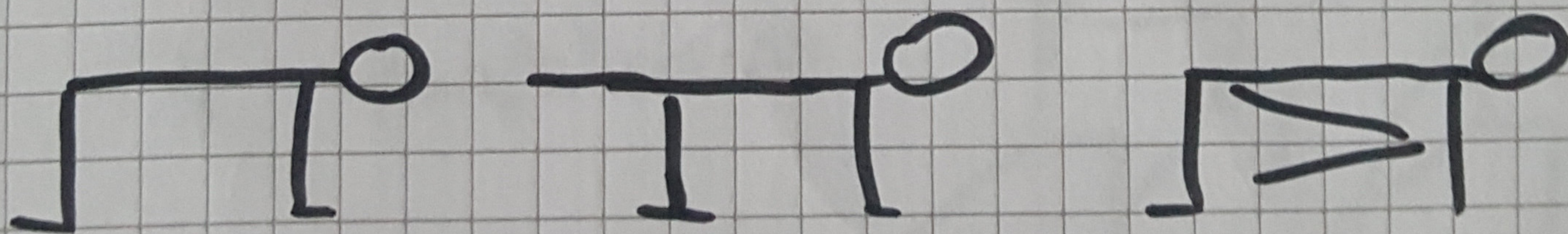
- Bauchatmung



- rechte Hand auf Bauch
- linke Hand auf 
- Körpermitte stabilisieren, Bauch zur Wirbelsäule ziehen

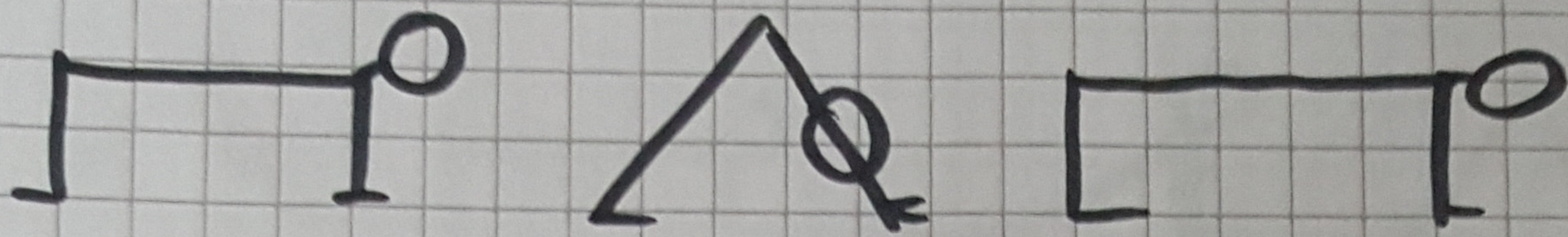
=> Ujjayi - Atmung

=> Ooooo



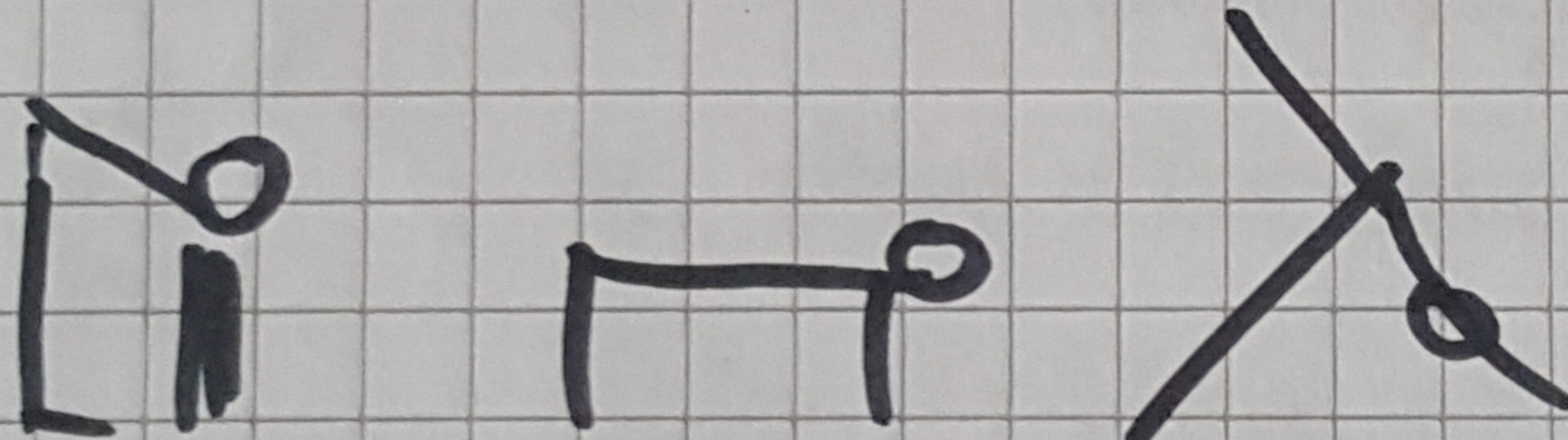
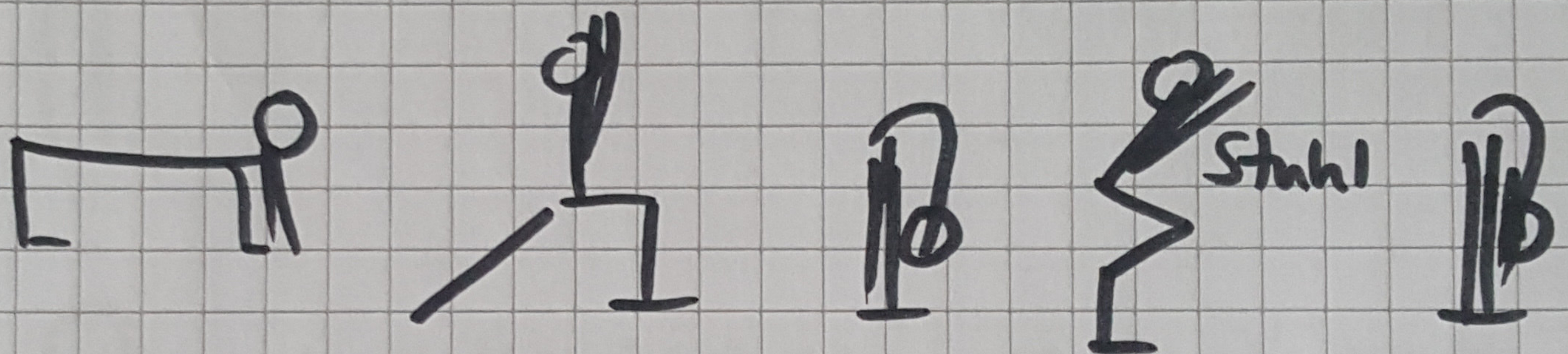
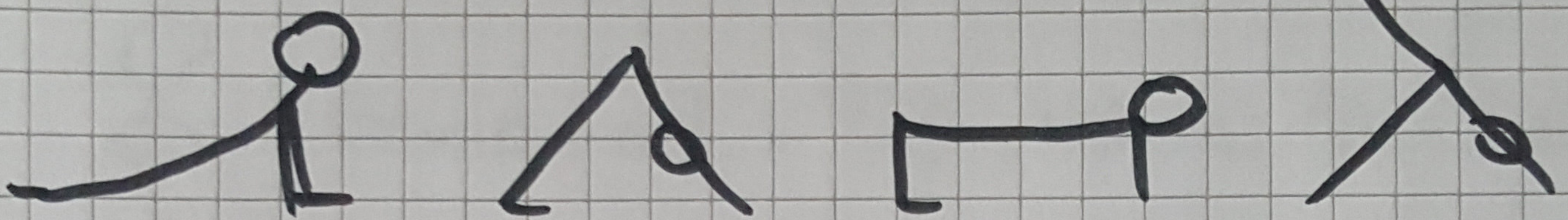
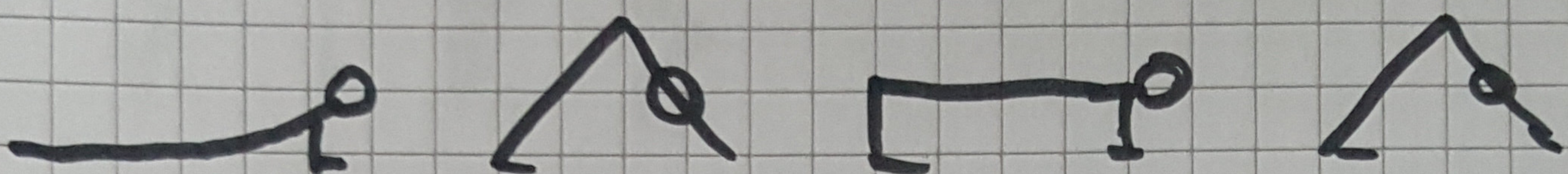
* mit links wiederholen

* aktives Ausatmen (Klopfvoll)

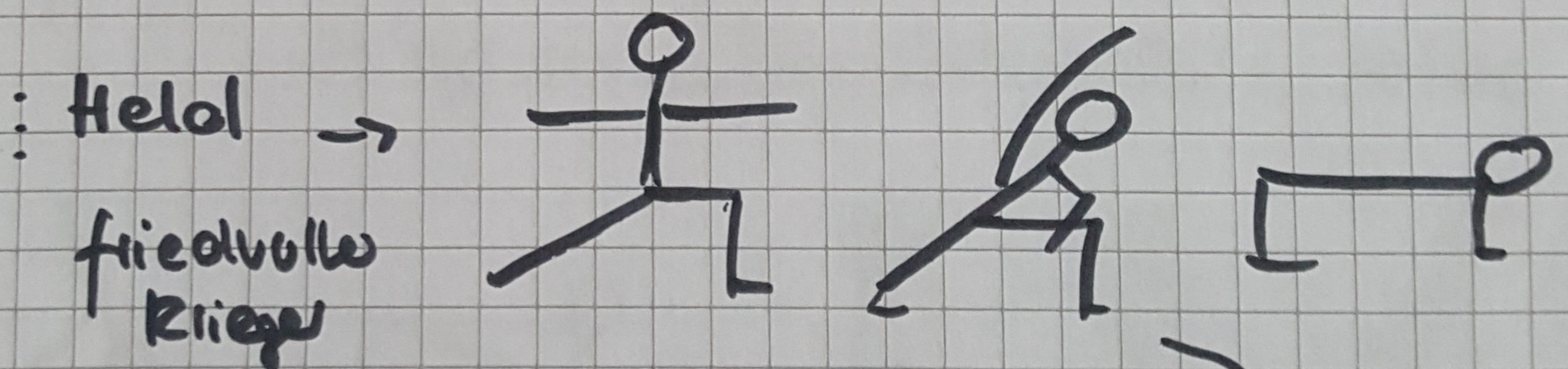


* Wiederholung
Bretthaltung
ca. 6x

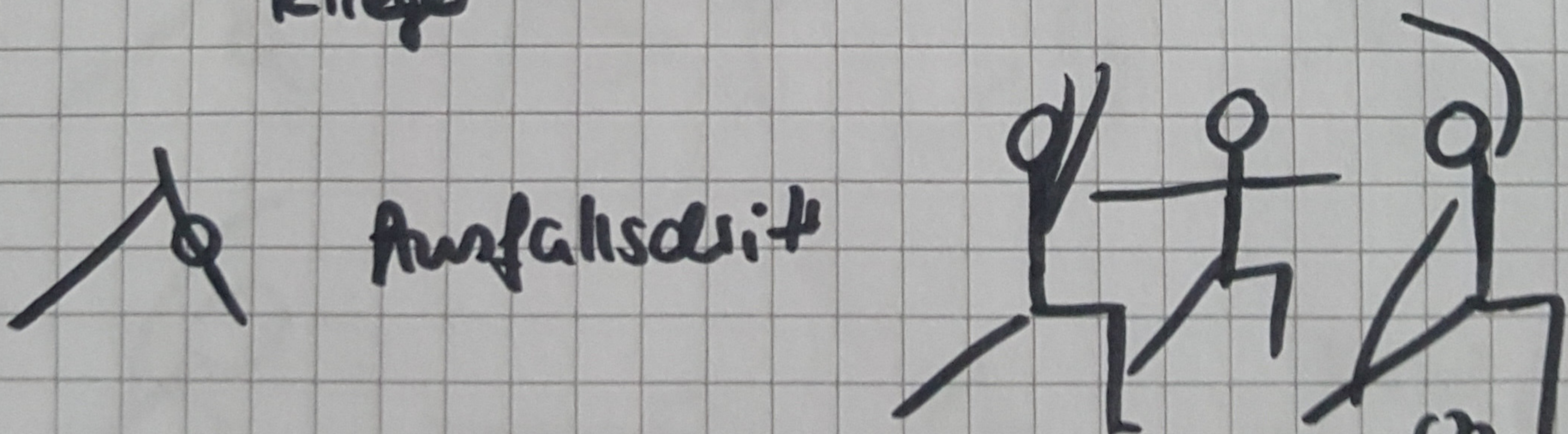
herabschauende Hund-
atemsynchron



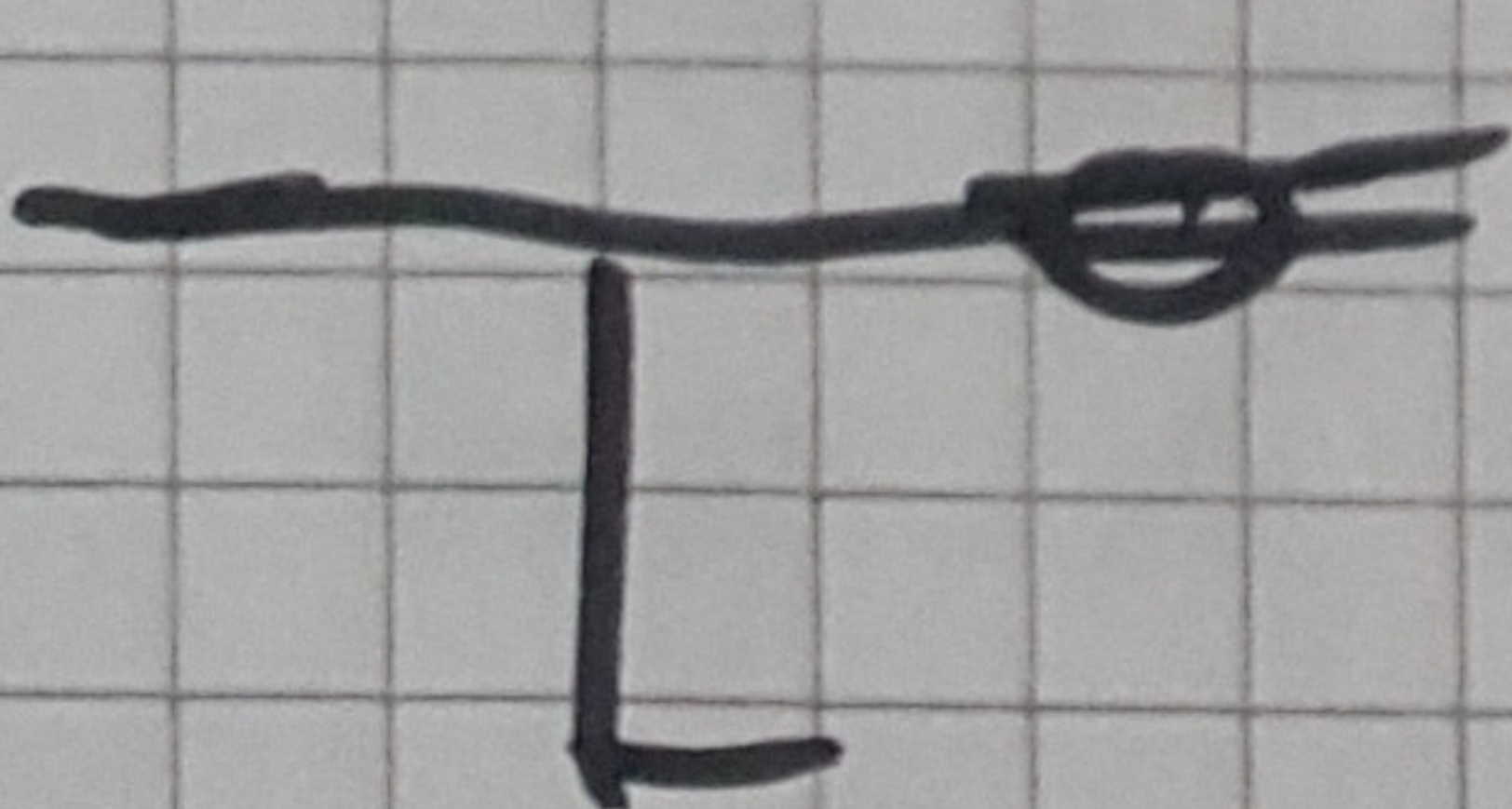
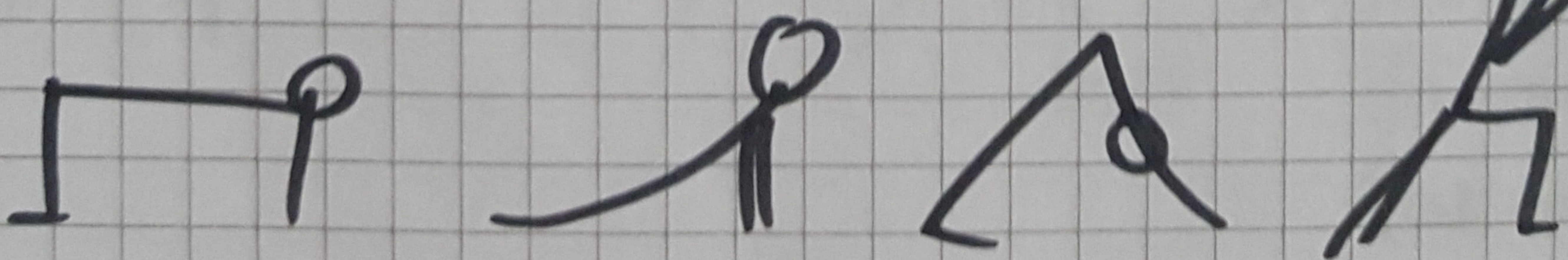
Anfallschritt
nach vorn



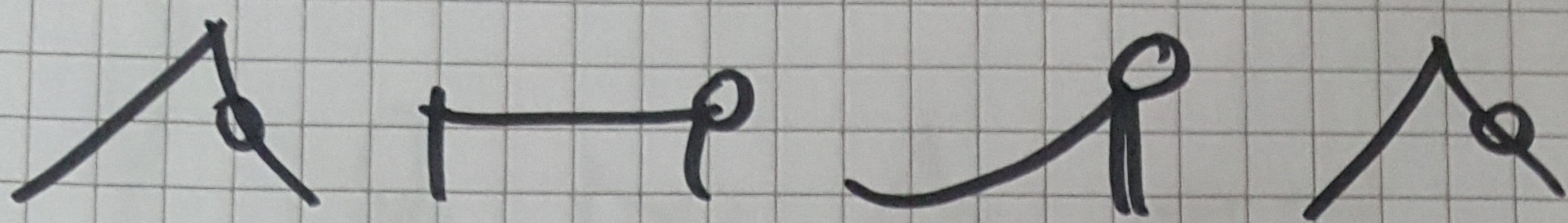
: Held →
friedvoller
Krieger



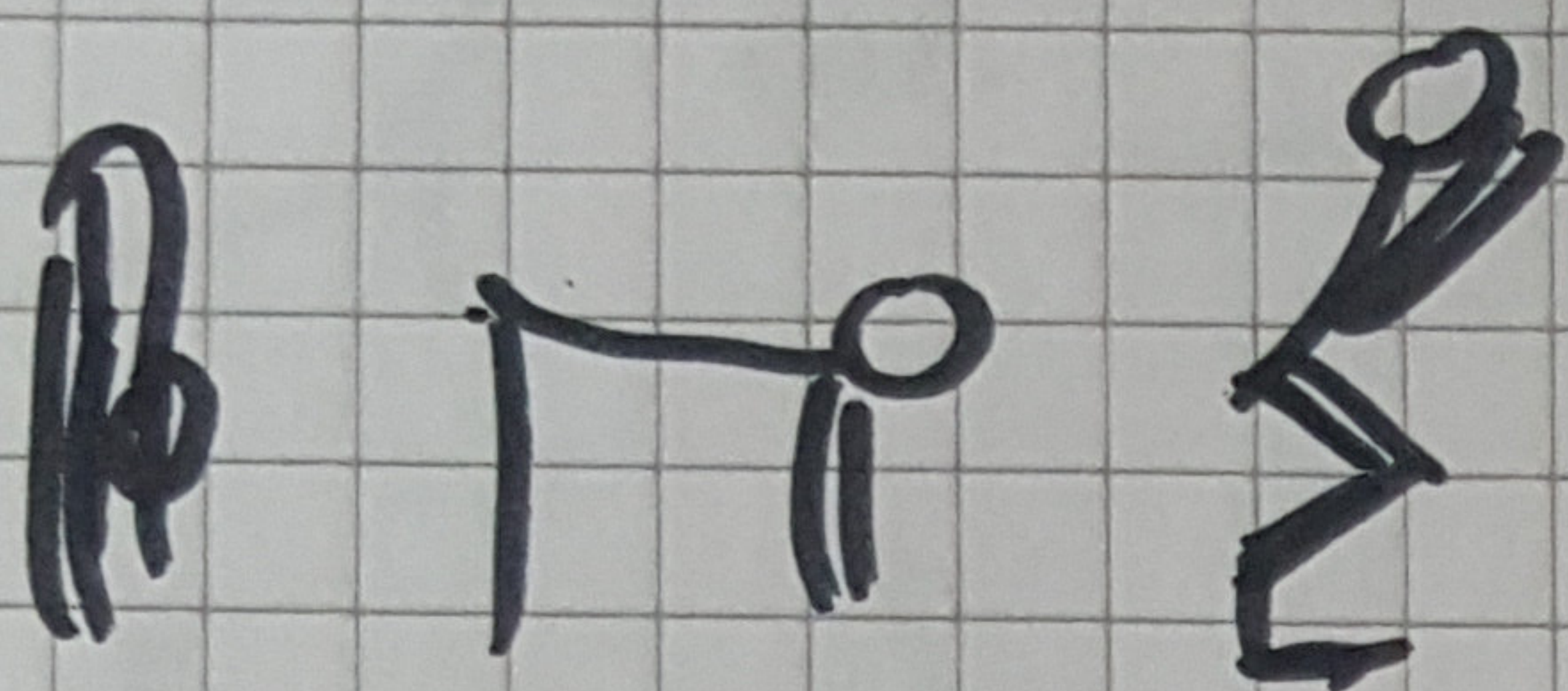
Anfallschritt



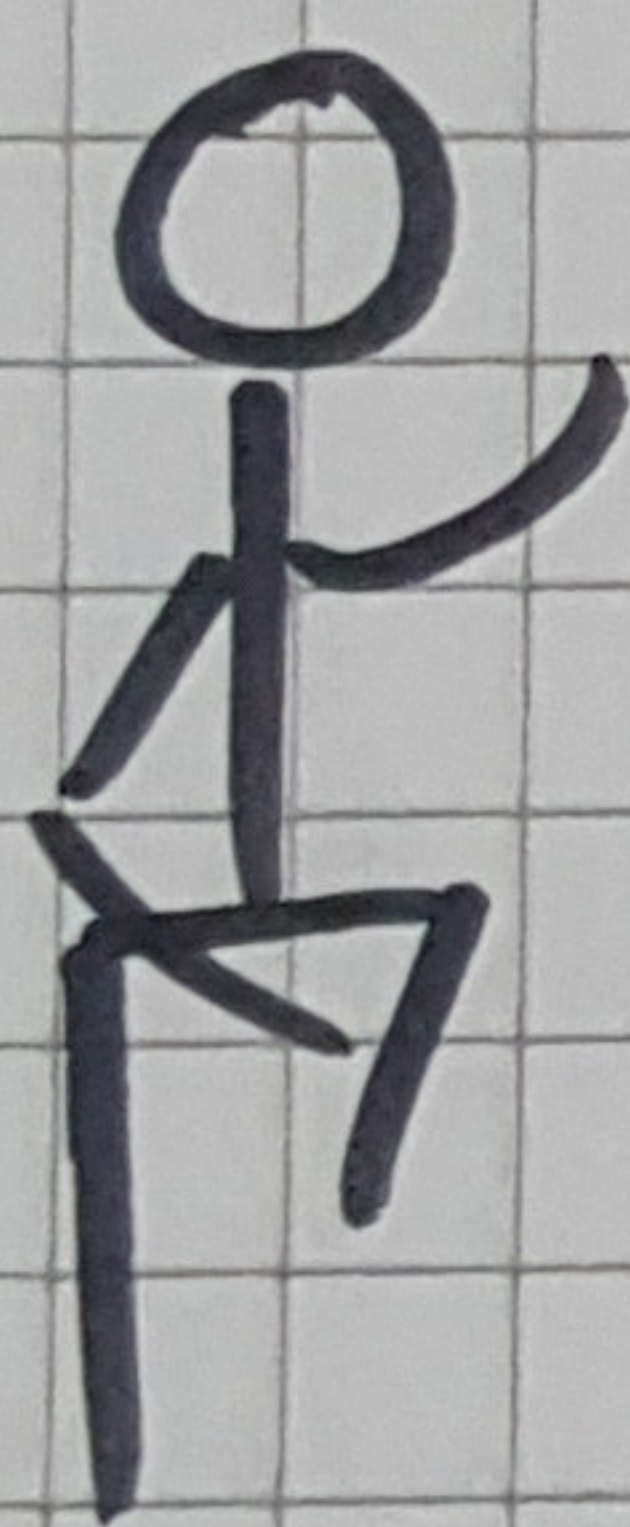
mit links wiederholen



- an fang du hier

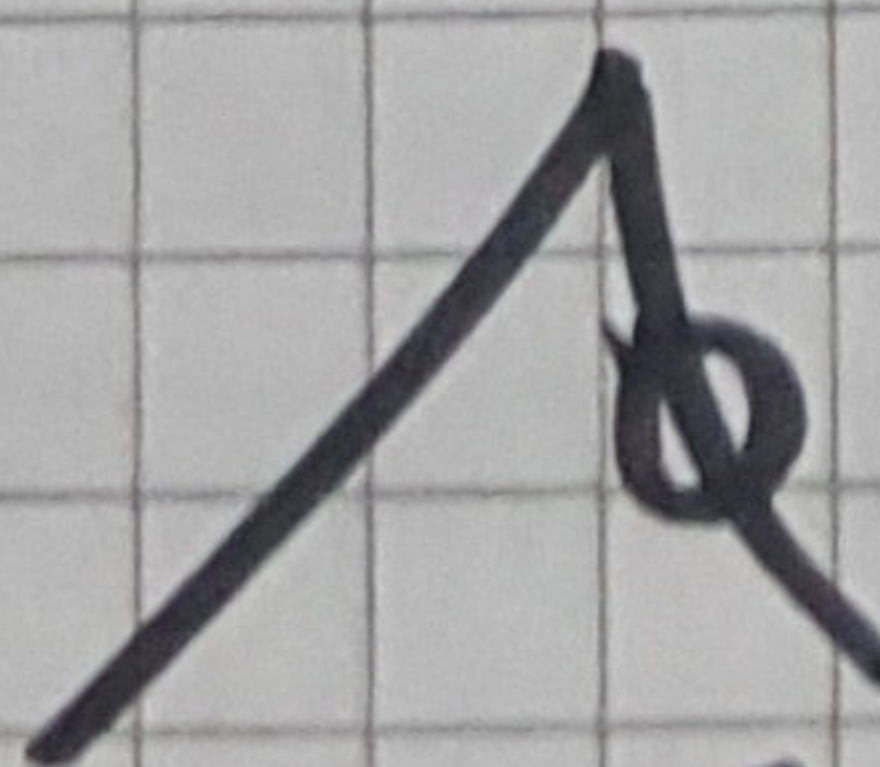
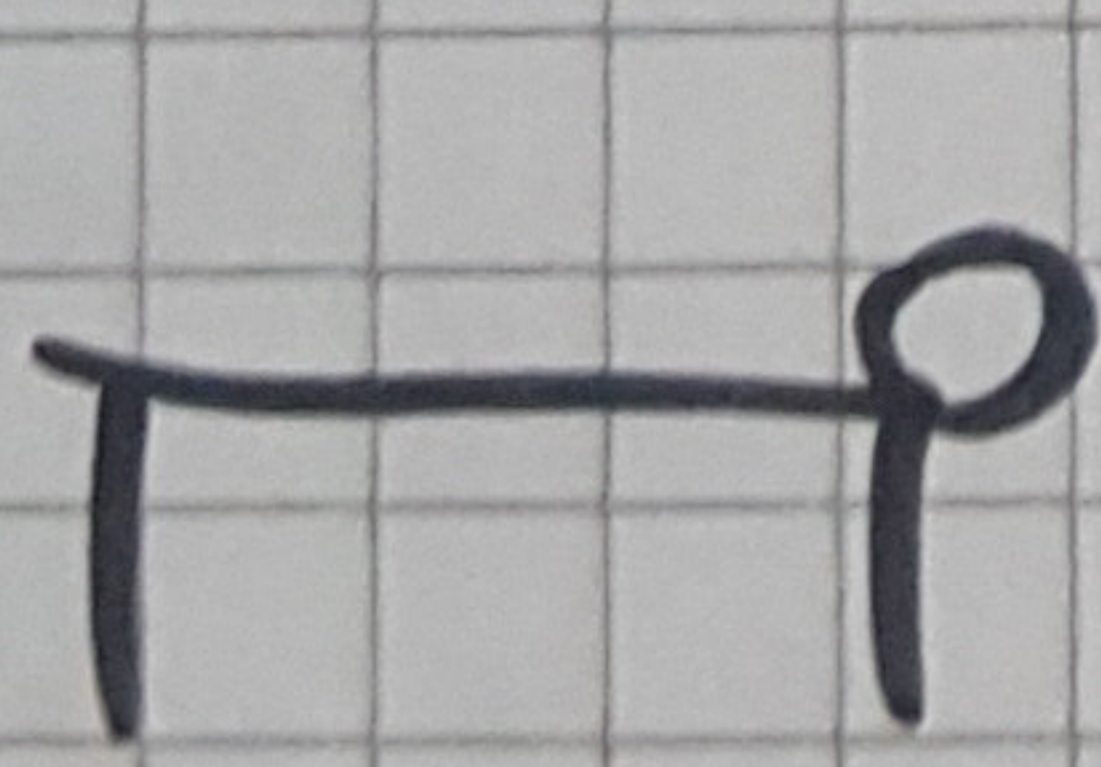
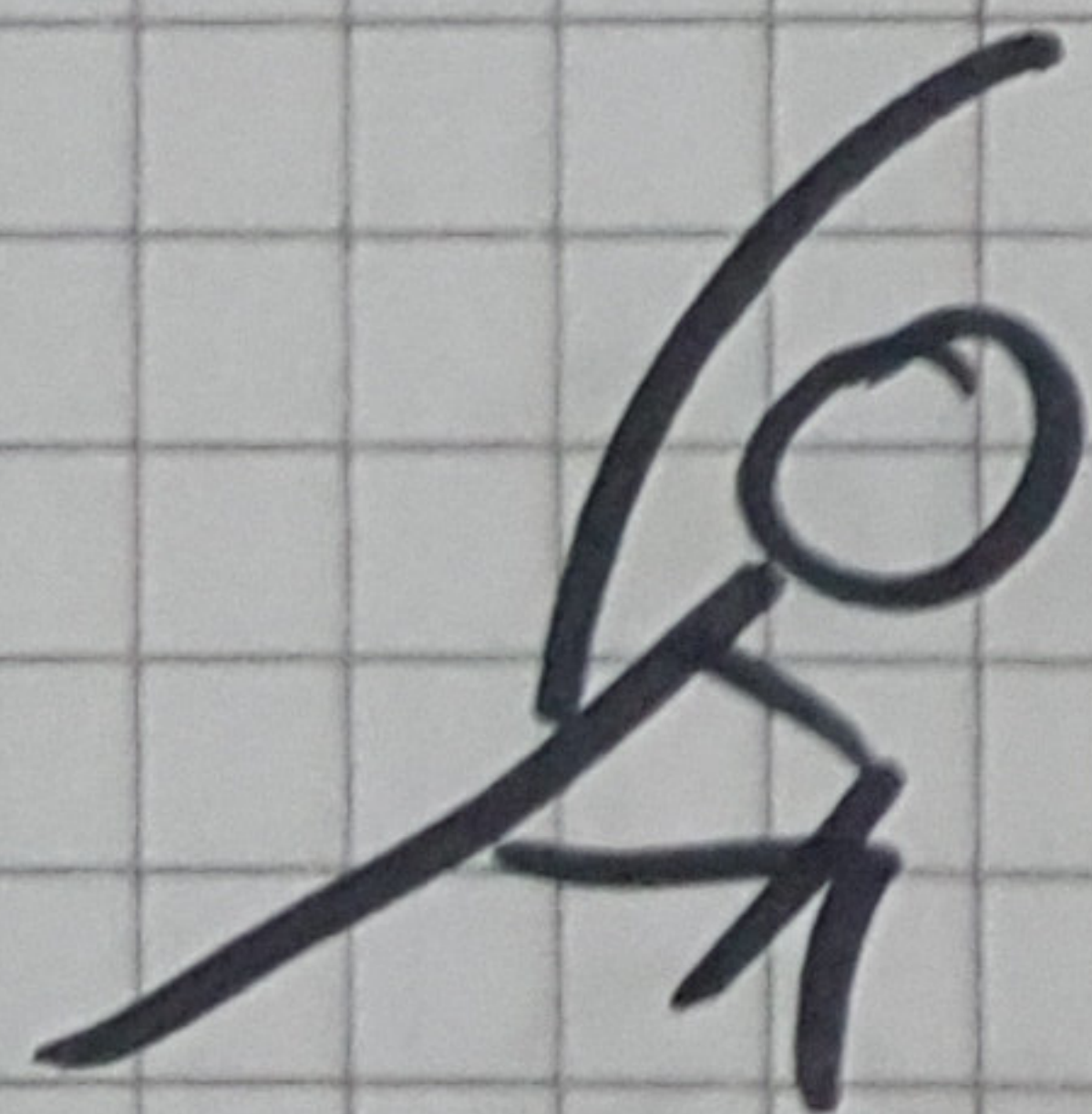
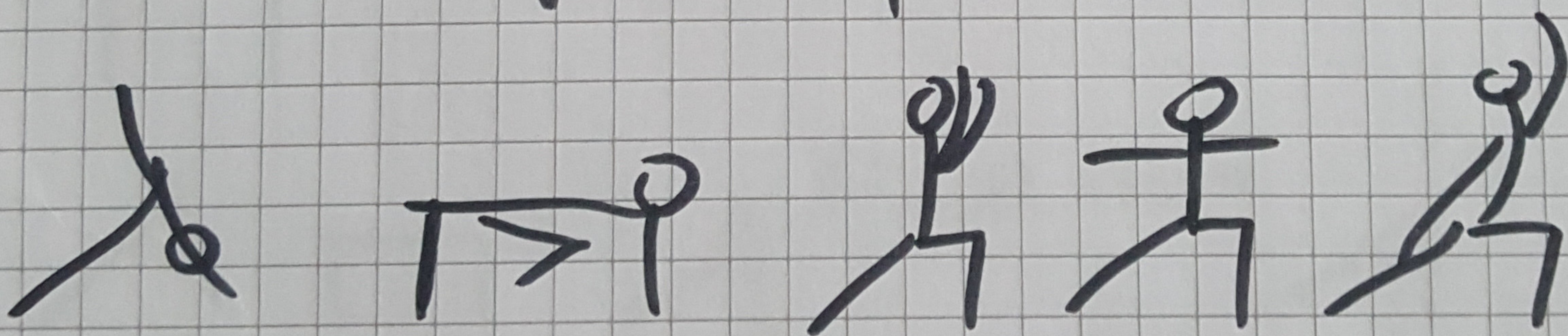


Gericht auf li Fuß, rechtes Bein heben



mit li Hand gegen re Knie drücken
re Arm strecken, ausatmend auf
Schulterhöhe absenken

=> aufdrehen / Brustwirbelsäule rotieren

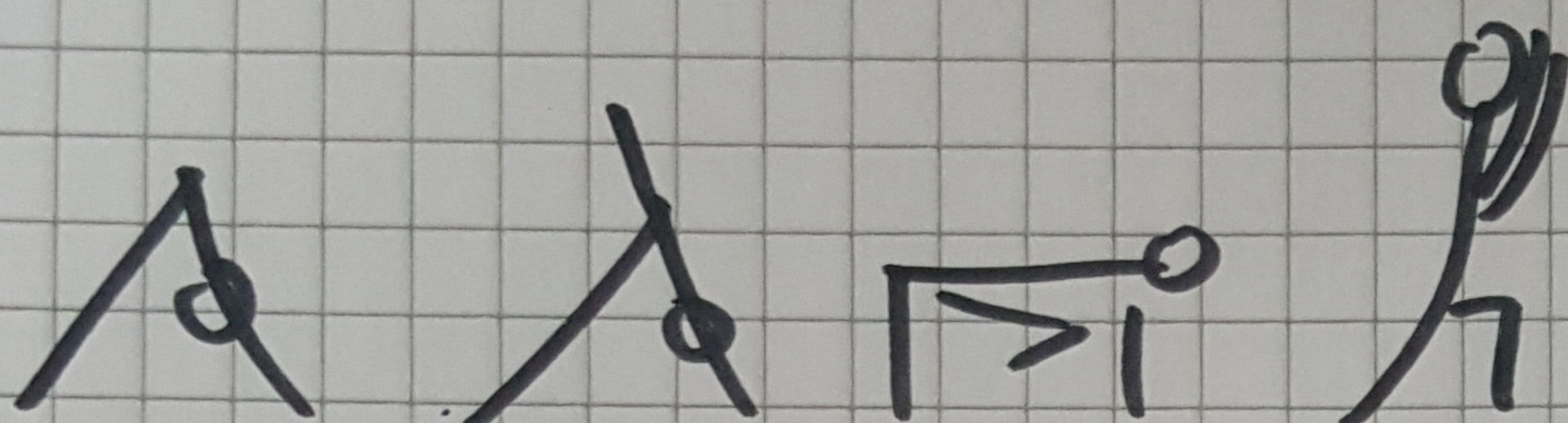
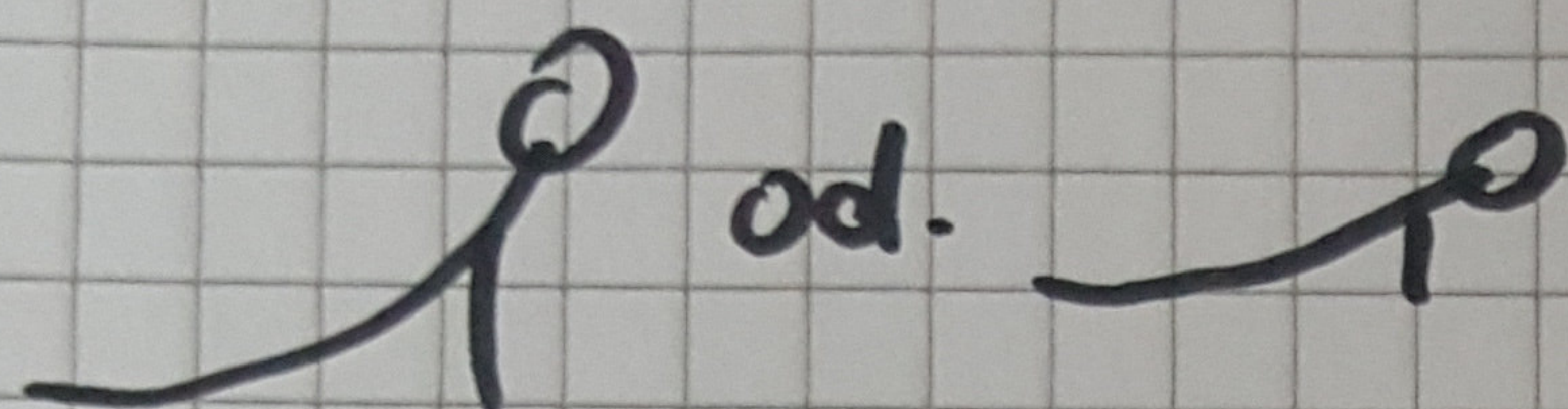
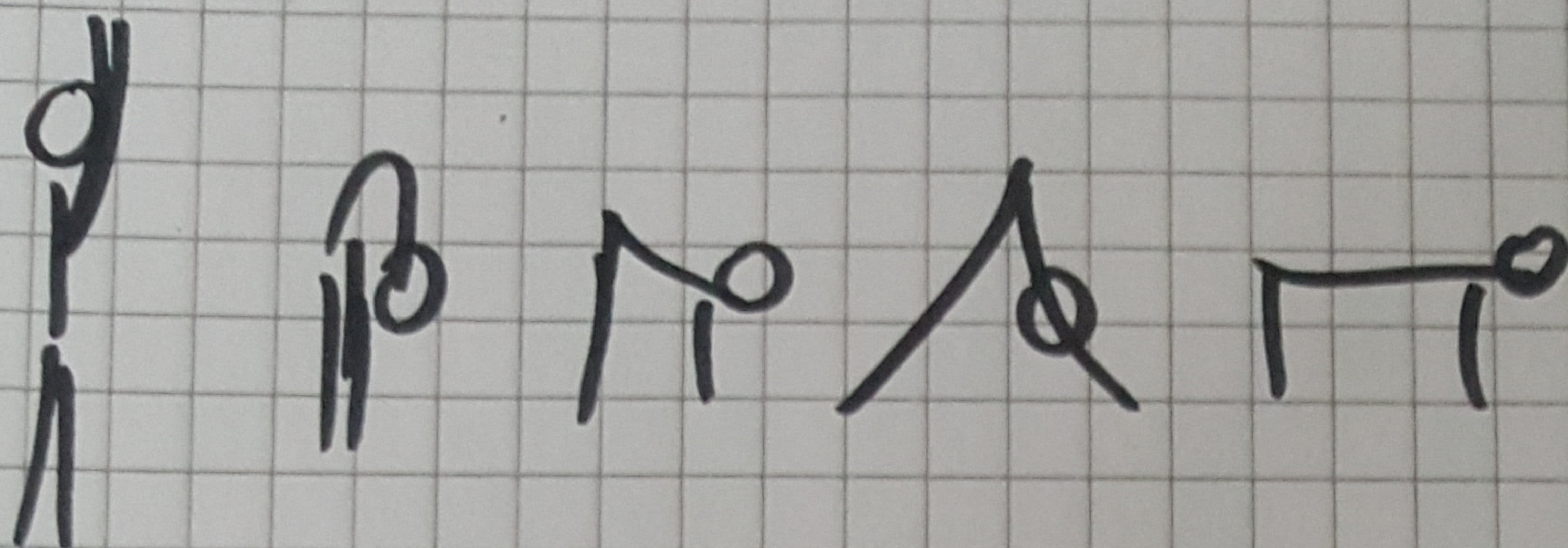


... Held
Krieger
friedvoller Krieger
Pasvatsanasana

- Brett / heraufschauend / herabschauend

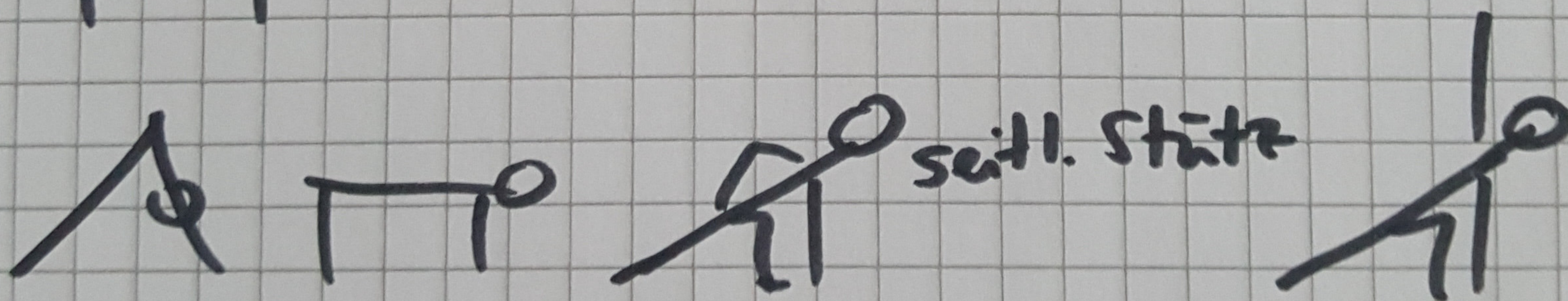
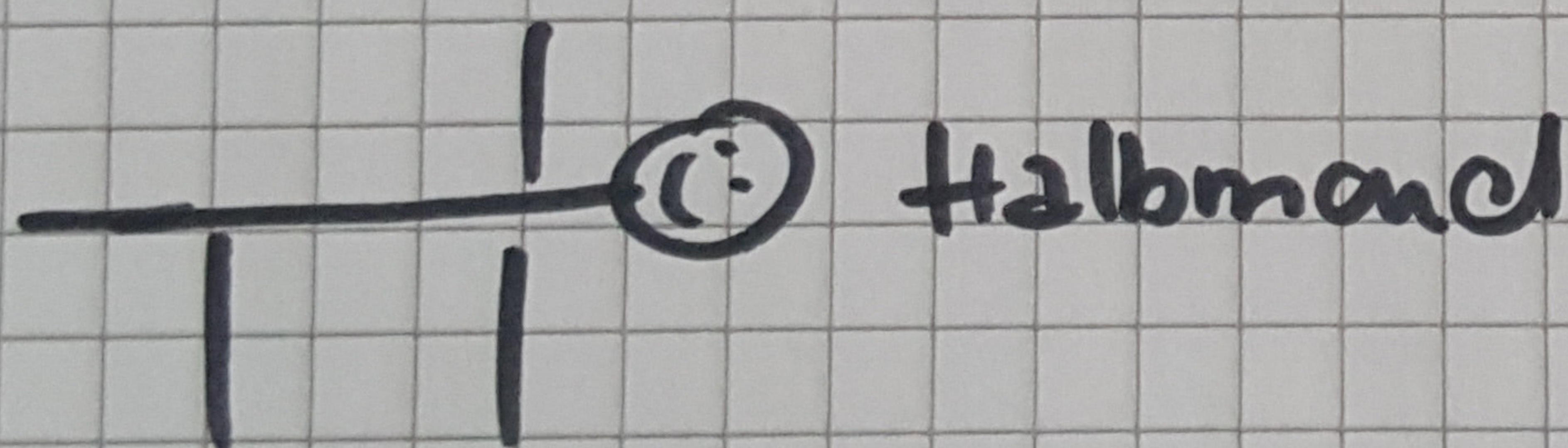
Held / Krieger II

* mit links wiederholen



- Hände vor , Schultern zurück
- Länge in Körperseiten schaffen
- linker Ellbogen an rechtes Knie
→ zur Seite aufdrehen

* andere Seite



Balasanana

Savasana

