

# Hatha Yoga



Atemübung *Pranayama-Übung*



Schulterstand *Sarvangasana*



Pflug *Halasana*



Brücke *Setu Bandhasana*



Fisch *Matsyasana*



Rad *Chakrasana*



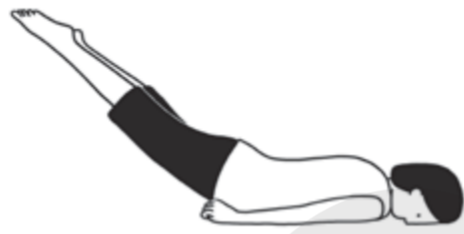
Zange *Paschimottasana*



Schiefe Ebene *Purvottasana*



Kobra *Bhujangasana*



Heuschrecke *Salabhasana*



Bogen *Dhanurasana*



Halber Drehsitz *Arda Matsyendrasana*



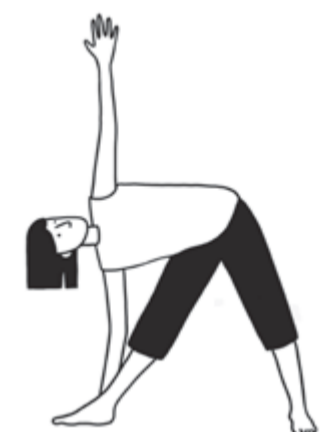
Krähe *Kakasana*



Berg *Tadasana*



Fuss-Hand Haltung *Pada Hastasana*



Dreieck *Trikonasana*



Baum *Vrikshasana*



Krieger 2 *Virabhadrasana*



Kopfstand *Sirsasana*



Totenstellung *Shavasana*



Meditation *Dhyana*