

Yoga
Der Sonnengruss A



- 1 Pranamasana
- 2 Tadasana
- 3 Urdhva Hastasana
- 4 Uttanasana
- 5 Ardha Uttanasana
- 6 Chaturanga Dandasana
- 7 Bhujangasana
- 8 Adho Mukha Shvanasana
- 9 Ardha Uttanasana
- 10 Uttanasana
- 11 Urdhva Hastasana