

Ashtanga Yoga

आसूतनुग यूग



सूरुय नडसूकर अ

Surya Namaskara A

Sonnengruß A

- Samasthitih
- 1 E Uttana Tadasana
 - 2 A Uttanasana
 - 3 E Ardha Uttanasana
 - 4 A Chaturanga Dandasana
 - 5 E Urdhva Mukha Shvanasana
 - 6 A Adho Mukha Shvanasana
 - 7 E Ardha Uttanasana
 - 8 A Uttanasana
 - 9 E Uttana Tadasana
 - A Samasthitih
- E = Einatmen
A = Ausatmen



सूरुय नडसूकर ड

Surya Namaskara B

Sonnengruß B

- Samasthitih
- 1 E Utkatasana
 - 2 A Uttanasana
 - 3 E Ardha Uttanasana
 - 4 A Chaturanga Dandasana
 - 5 E Urdhva Mukha Shvanasana
 - 6 A Adho Mukha Shvanasana
 - 7 E Virabhadrasana A (rechts)
 - 8 A Chaturanga Dandasana
 - 9 E Urdhva Mukha Shvanasana
 - 10 A Adho Mukha Shvanasana
 - 11 E Virabhadrasana A (links)
 - 12 A Chaturanga Dandasana
 - 13 E Urdhva Mukha Shvanasana
 - 14 A Adho Mukha Shvanasana
 - 15 E Ardha Uttanasana
 - 16 A Uttanasana
 - 17 E Utkatasana
 - A Samasthitih

