

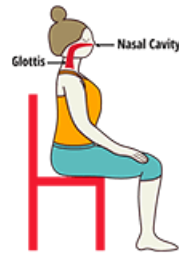
Die 6 Grundbewegungen der Wirbelsäule

Anh Pham
yogalikeyogis.ch

- Beginner
- die 6 Bewegungsrichtungen der Wirbelsäule



- www.youtube.com/watch?v=EYLxrg3YBYg



1. **Ujjayi Pranayama Chair** • Ujjayi
Pranayama Chair

Sanfte Bewegungen - Aufwärmen



2. **Chair Mountain Pose** • Chair
Tadasana



3. **Chair Cat Cow Pose** • Chair
Marjaryasana Bitilasana



4. **Chair Seated Side Stretch Pose**



5. **Chair Mountain Pose** • Chair
Tadasana



6. **Chair Seated Side Stretch Pose**



7. **Chair Mountain Pose** • Chair
Tadasana



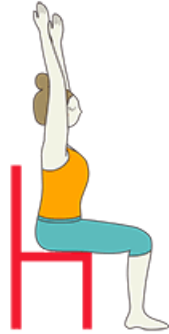
8. **Chair Seated Twists** • Parivrtta
Chair Tadasana



9. **Chair Mountain Pose** • Chair
Tadasana



10. **Chair Seated Twists** • Parivrtta
Chair Tadasana



11. **Mountain Pose Raised Hands**
Chair • Tadasana Urdhva
Hastasana Chair



12. **Seated Half Forward Fold**
Pose Chair • Upavistha Ardha
Uttanasana Chair



13. **Seated Forward Fold Pose on**
Chair • Upavistha Uttanasana
Chair



14. **Seated Half Forward Fold**
Pose Chair • Upavistha Ardha
Uttanasana Chair



15. **Seated Forward Fold Pose**
Chair Variation Arms Crossed •
Upavistha Uttanasana Chair
Variation Hasta Crossed



16. **Seated Palms On Belly Chair**

Kraft & Balance



17. Seated Palms On Belly Chair



18. Chair Flexing Foot Pose

5 Wiederholungen pro Körperseite:
Beinmuskulatur aktivieren.



19. Sage Twist I Pose Chair
Prayer Hands • Marichyasana I
Chair Anjali Mudra



20. Half Seated Forward Bend
Pose Chair • Ardha
Paschimottanasana Chair



21. Sage Marichi Pose C Chair
Prayer Hands • Marichyasana C
Chair Anjali Mudra



22. Seated Forward Bend Pose
Chair • Paschimottanasana Chair



23. Hands Up Chair



24. Seated Revolved Arms
Extended Eagle Legs Pose Chair •
Parivrtta Upavistha Hasta
Extended Garuda Pada Chair



**25. Seated Revolved Arms
Extended Eagle Legs Pose Chair •**
Parivrtta Upavistha Hasta
Extended Garuda Pada Chair



**26. Side Bend Seated Eagle Pose
Chair • Parsva Upavistha
Garudasana Chair**



**27. Side Bend Seated Eagle Pose
Chair • Parsva Upavistha
Garudasana Chair**



**28. Chair Mountain Pose • Chair
Tadasana**

Entspannen & Dehnen



29. Chair Neck Stretch • Chair
Greeva Uttana



30. Seated Windshield Wiper Pose Chair



31. Chair Torso Circles



32. Chair Wide Legged Seated Twist



33. Goddess Pose On Chair Arms Down • Utkata Konasana On Chair
Hasta Down



34. Revolved Goddess Pose Chair
• Parivrtta Utkata Konasana Chair



35. Wide Legged Forward Bend Pose Chair Hands Floor •
Prasarita Padottanasana Chair
Hasta Floor



36. Chair Mountain Pose • Chair
Tadasana



37. Three Part Breath Chair •
Dirga Pranayama Chair

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