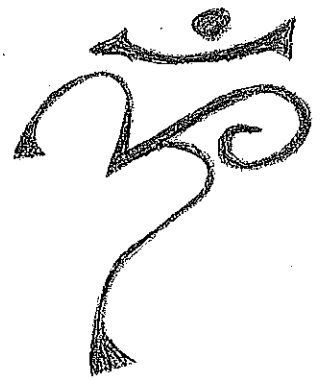
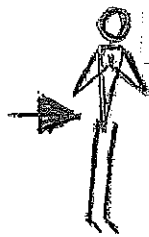


Das Mondgebet

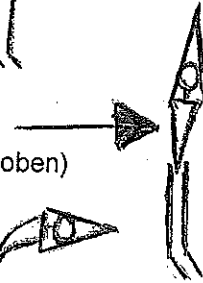


- Tadasana Namaste

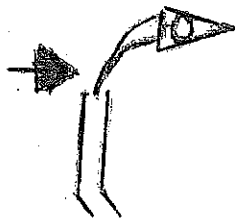


- Pfeil - Urdhva Hastasana

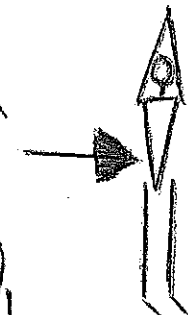
(Hände verschränken, Zeigefinger nach oben)



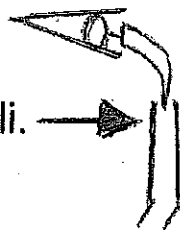
- Seitbeuge nach re.



- Pfeil - Urdhva Hastasana



- Seitbeuge nach li.

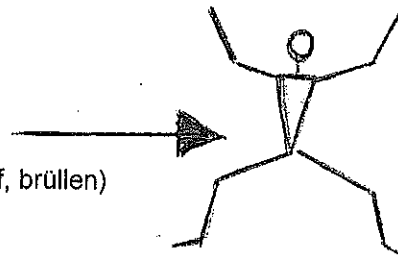


- Pfeil - Urdhva Hastasana

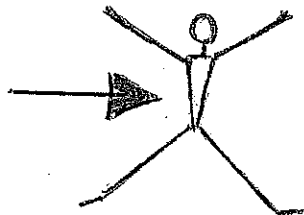


- stehender Löwe - Simhasana

(Grätsche, Handflächen nach vorne, Zunge raus, Augen auf, brüllen)



- Stern



- Dreieck nach re. - Trikonasana



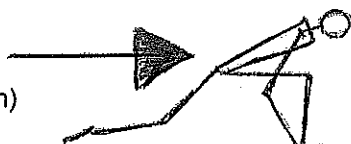
- Kopf-Knie-Stellung re. - Parshvottanasana

(in der stehenden Grätsche)

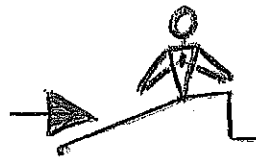


- Sprinter re.

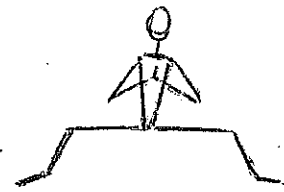
(li. Bein nach hinten)



- Hocke re. - Hände Namaste -



- Hocke Mitte - Squat - Hände Namaste -



- Hocke li. - Hände Namaste -



- Sprinter li.

(re. Bein nach hinten)

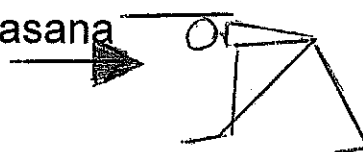


- Kopf-Knie-Stellung li. - Parshvottanasana

(in der stehenden Grätsche)



- Dreiecknach li. - Trikonasana



- Stern

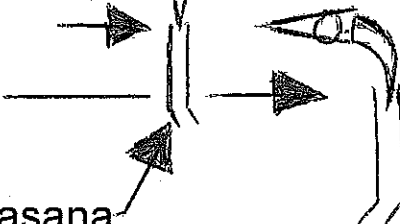
- stehender Löwe - Simhasana



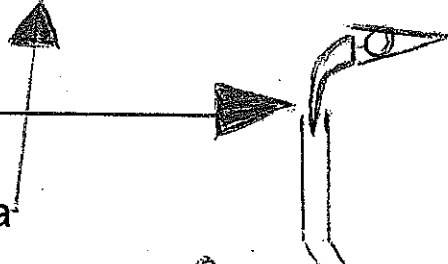
- Pfeil - Urdhva Hastasana



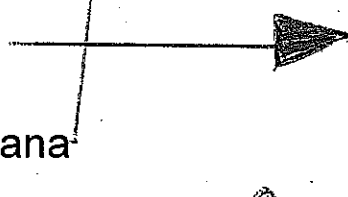
- Seitbeuge nach li.



- Pfeil - Urdhva Hastasana



- Seitbeuge nach re.



- Pfeil - Urdva Hastasana

- Tadasana - Namaste

