

DIE BIKRAM YOGA SERIE



1
Pranayama
Standing Deep Breathing



2
Archa Chandrasana with Pada Hastasana
Half Moon Pose with Hands to Feet Pose



3
Utkatasana
Arkward Pose



4
Garurasana
Eagle Pose



5
Dandayamana Janushirasana
Standing Head to Knee Pose



6
Dandayamana Dhanurasana
Standing Bow Pulling Pose



7
Tuladandasana
Balancing Stick Pose



8
Dandayamana Bibhaktapada Paschimotthasana
Standing Separate Leg Stretching Pose



9
Trikonasana
Triangle Pose



10
Dandayamana Bibhaktapada Janushirasana
Standing Separate Leg Head to Knee Pose



11
Tadasana
Tree Pose



12
Padangustasana
Toe Stand Pose



13
Savasana
Dead Body Pose



14
Pawanmuktasana
Wind Removing Pose



15
Sit Lip



16
Bhujangasana
Cobra Pose



17
Salabhasana
Locust Pose



18
Purna Salabhasana
Full Locust Pose



19
Dhanurasana
Bow Pose



20
Supta Vajrasana
Fixed Fifth Pose



21
Archa Kurmasana
Half Tortoise Pose



22
Ustrasana
Camel Pose



23
Sasangasana
Rabbit Pose



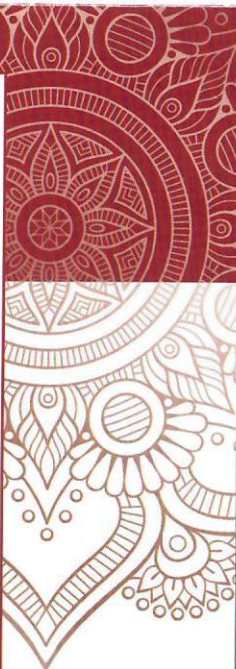
24
Janushirasana with Paschimotthasana
Head to Knee with Stretching Pose



25
Archa Matyendrasana
Snake Twisting Pose



26
Kapalbhati in Vajrasana
Blowing in Palm Pose



Den. Klaten Gunungpaker :
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