

Sonnengruß A – surya namaskara A



samsthitih



EA

tadasana



AA

uttanasana



EA

urdhva mukha
uttanasana



AA

chaturanga
dandasana



EA

urdhva mukha
svanasana



AA - EA - AA

adho mukha
svanasana



EA

urdhva mukha
uttanasana



AA

uttanasana



EA

tadasana



AA

samasthiti



Yoga und Bewegung