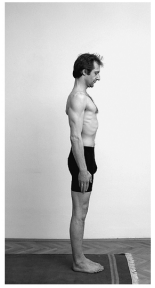
PUREYOGA
YOGAZENTRUM WIEN

SURYA NAMASKARA A

Samasthitih



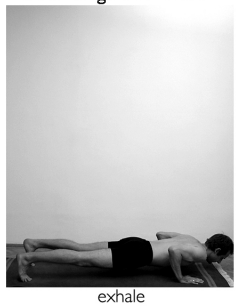
inhale
ekam

Uttanasana

exhale
dve

inhale
trini

Chaturanga Dandasana

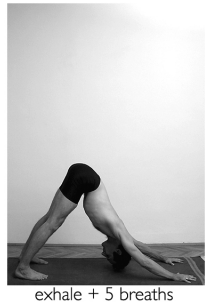


exhale
catvari

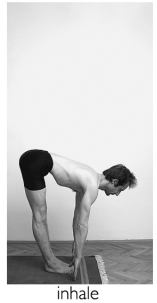
Urdhva Mukha Svanasana

inhale
panca

Adho Mukha Svanasana



exhale + 5 breaths
sat



inhale
sapta

Uttanasana

exhale
astau

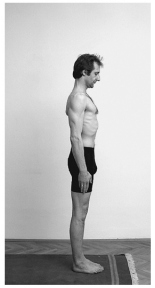
inhale
nava

Samasthitih

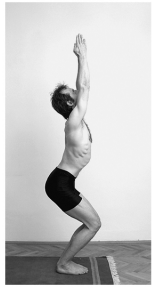
exhale

SURYA NAMASKARA B

Samasthitih

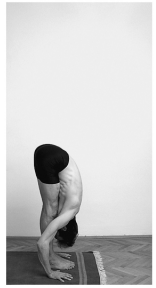


Utkatasana



inhale
ekam

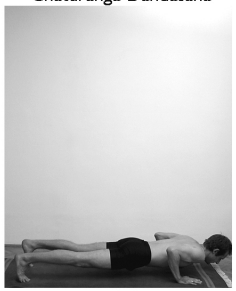
Uttanasana



exhale
dve

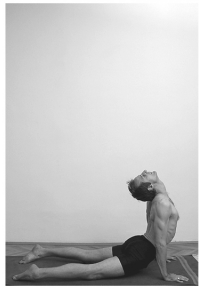
inhale
trini

Chaturanga Dandasana



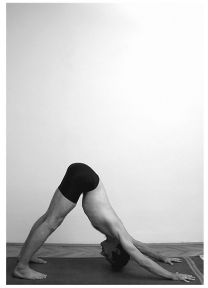
exhale
catvari

Urdhva Mukha Svanasana



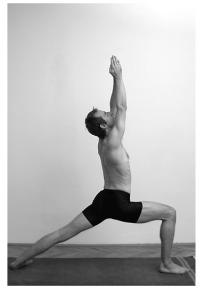
inhale
panca

Adho Mukha Svanasana



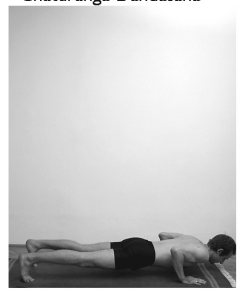
exhale
sat

Virabradasana A



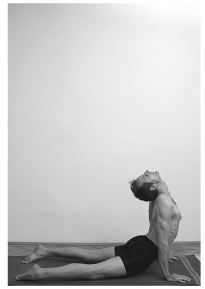
inhale
sapta

Chaturanga Dandasana



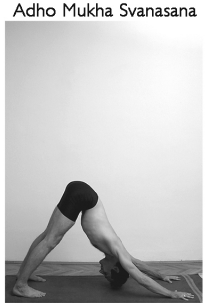
exhale
astau

Urdhva Mukha Svanasana



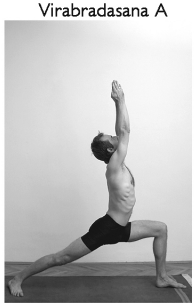
inhale
nava

Adho Mukha Svanasana



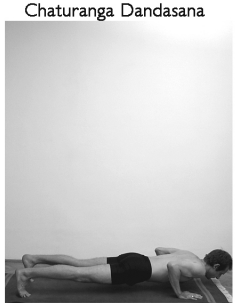
exhale
dasa

Virabradasana A



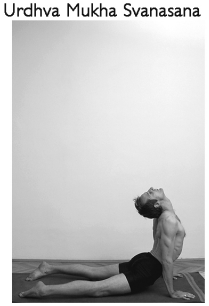
inhale
ekadasa

Chaturanga Dandasana



exhale
dvadasa

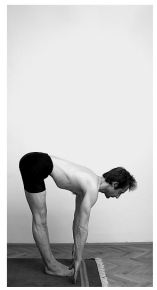
Urdhva Mukha Svanasana



inhale
trayodasa

Adho Mukha Svanasana

exhale + 5 breaths
caturdasa

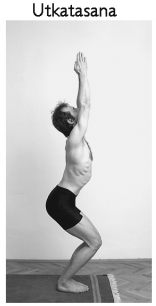


inhale
pancadasa

Uttanasana

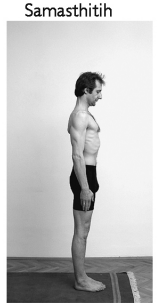
exhale
sodasa

Utkatasana



inhale
saptadasa

Samasthitih



exhale

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YOGAZENTRUM PUREYOGA