

**ASANAKATALOG NYTT**

	<b>Stehhaltungen</b>	<b>Basic</b>	<b>Basic+</b>	<b>Advanced</b>
1	Tadasana	x		
2	Urdhva Hastasana	x		
3	Tadasana auf Zehen	x		
4	Vrksasana	x		
5	Trikonasana	x		
6	Parshvakonasana	x		
7	Ardha Chandrasana	x		
8	Virabadhrasana 1	x		
9	Virabadhrasana 2	x		
10	Virabadhrasana 3	x		
11	Reverse Virabadhrasana 2	x		
12	Prasarita Padottanasana	x		
13	Uttanasana	x		
14	Parshva Uttanasana	x		
15	Parshvottanasana	x		
16	Malasana	x		
17	Adho mukha svanasana	x		
18	(Hoher) Ausfallschritt, high lunge	x		
19	gedrehter Ausfallschritt mit Knie am Boden	x		
20	Garudasana		x	
21	Parivrtta Trikonasana		x	
22	Parivrtta Parshvakonasana		x	
23	Parivrtta Ardha Chandrasana		x	
24	Parighasana		x	
25	Utthita Hasta Padangusthasana		x	
26	Utkatasana		x	
27	Urdhva Prasarita Ekapadasana		x	
28	Ardha Chandrachapasana		x	
29	Parivritta Hasta Padangusthasana			x
30	Natarajasana			x

	<b>Sitzhaltungen</b>			
31	Upavishta Konasana	x		
32	Virasana	x		
33	Supta Virasana	x		
34	Vajrasana	x		
35	Sukhasana	x		
36	Baddha Konasana	x		
37	Dandasana	x		
38	Gomukhasana	x		
39	Marichyasana 1	x		
40	Purvottanasana	x		
41	Supta Vajrasana	x		
42	(Ardha)Padmasana		(x)	x
43	Paschimottanasana		x	
44	Janu Shirshasana		x	
45	Agni Stambhasana		x	
46	Eka Pada Rajakapotasana		x	
47	Trianga mukhaikapada paschimottanasana		x	
48	Krounchasana		x	
49	Hanumanasana			x
50	Kurmasana			x
	<b>Abdomen</b>			
51	Bauchübungen	x	x	
52	Navasana	x		
53	Djathara Parivartanasana	x		
	<b>Drehungen</b>			
54	Bharadvajasana	x		
55	Ardha Matsyendrasana	x		
56	Marichyasana 3			x
57	Parivritta Janu Sirsasana			x

	<b>Umkehrhaltungen</b>			
58	Sarvangasana+Variationen	x		
59	Halasana	x		
60	Supta Konasana	x		
61	Sirsasana+Variationen		x	
62	Karnapidasana		x	
63	Parshva Shirsasana			x
64	Parivrittaikapada shirsasana			x
	<b>Rückbeugen</b>			
65	Shalabasana	x		
66	Bhujangasana	x		
67	Urdhva Mukha Svanasana	x		
68	Setubandha Sarvangasana	x		
69	Ardha Bhekasana	x		
70	Anjaneyasana (tiefer Ausfallschritt)	x		
71	Ushtrasana		x	
72	Dhanurasana		x	
73	Bhekasana		x	
74	Urdhva Dhanurasana			x
75	Dvi Pada Viparita Dandasana			x
	<b>Armbalancen</b>			
76	Parshva Bakasana	x		
77	Brett, Schiefe Ebene, Kumbhakasana	x		
78	Chaturanga Dandasana	x		
79	Vasisthasana	x		
80	Bakasana		x	
81	Adho Mukha Vrksasana		x	
82	Ekahasta Bhujasana		x	
83	Wild Thing pose		x	
84	Pincha Mayurasana		x	
85	Mayurasana		x	
86	Ekapada Koundinyasana 1			x
87	Ekapada Koundinyasana 2			x

# YOGANOVA

feel | move | change | grow

88	Ashtavakrasana			x
89	Bhujapidasana			x
90	Tittibhasana			x
91	Tolasana			x
92	Eka Pada Galavasana			x
	<b>Restorativ</b>			
93	Supta Padangusthasana	x		
94	Viparita Karani	x		
95	Savasana	x		
96	Balāsana	x		
97	Supta Balāsana (happy baby)	x		