

1  + rechte Hand hebt Mountain Pose Tadasana	2  nur rechte Hand auf Herz Mountain Pose Na-maste Tadasana Namaskarasana	3  nur linke Hand hebt Upward Salute Urdhva Hastasana	4  Standing Forward Fold Uttanasana	5 rechter Arm kreist linkes Bein ist gebeugt A Place for Your Asana Add your own poses or variations	6  Low Lunge Anjaneyasana
7  warme dich Half Splits Pose Ardha Hanumanasana	8  Warrior I Virabhadrasana I	9 Develppe A Place for Your Asana Add your own poses or variations	10 Passé A Place for Your Asana Add your own poses or variations	11 Kreuzt rechts hinter links. warme dich A Place for Your Asana Add your own poses or variations	12  Half Moon Pose Ardha Chandrasana
13  Standing Forward Fold Uttanasana	14  Upward Salute Urdhva Hastasana	15  Mountain Pose Tadasana	16  + linke Hand hebt Mountain Pose Tadasana	17  nur linke Hand auf Herz Mountain Pose Na-maste Tadasana Namaskarasana	18  nur rechte Hand hebt Upward Salute Urdhva Hastasana
19  Standing Forward Fold Uttanasana	20 linker Arm kreist rechtes Bein ist gebeugt A Place for Your Asana Add your own poses or variations	21  Low Lunge Anjaneyasana	22  warme dich Half Splits Pose Ardha Hanumanasana	23  Warrior I Virabhadrasana I	24 Develppe A Place for Your Asana Add your own poses or variations
25 Passé A Place for Your Asana Add your own poses or variations	26 Kreuzt links hinter rechts. warme dich A Place for Your Asana Add your own poses or variations	27  Half Moon Pose Ardha Chandrasana	28  Standing Forward Fold Uttanasana	29  Upward Salute Urdhva Hastasana	30  Standing Forward Fold Uttanasana

31



Squat Pose
Malasana

beide Arme
heben

32



Hero Pose
Virasana

Samurai Sitz (Inside
Flow Variation)

33

Samurai Sitz
Arme heben

A Place for Your Asana
Add your own poses or variations

34



Standing Forward Fold
Uttanasana

35



Mountain Pose
Tadasana

roll up

36



**Mountain Pose Na-
maste**
Tadasana Namaskarasana

beide Hände aufs
Herz

37



Upward Salute
Urdhva Hastasana

öffne die Arme

38



Mountain Pose
Tadasana

Viel Spass mit Inside Flow!

Young Ho Kim

