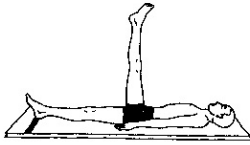


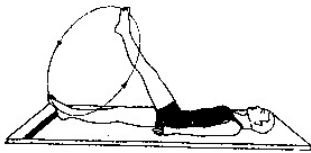
ÜBERSICHT PMA 2-Serie

PMA 2 - Übung 1: Paddothanasana / Heben der Beine



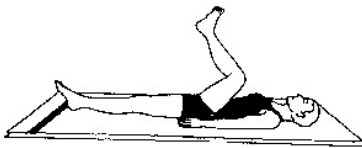
Utthanpadasana-Bein heben

PMA 2 - Übung 2 : Chakra Padasana / Beinkreisen



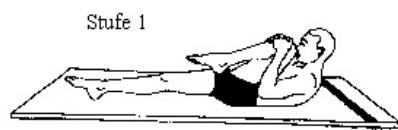
Chakra Padasana-Bein kreisen

PMA 2 - Übung 3: Pada Sanchalanasana / Radfahren



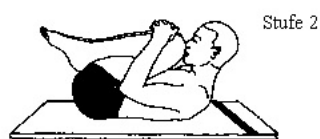
Pada Sanchalanasana-radfahren

PMA 2 - Übung: 4: Supta Pawanmuktasana / Beinverschluss



Stufe 1

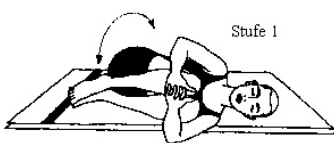
Supta Pawanmuktasana



Stufe 2

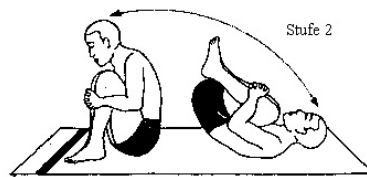
Supta Pawanmuktasana

PMA 2 - Übung 5: Jhulana Lurhakanasana / Schaukeln und Rollen



Stufe 1

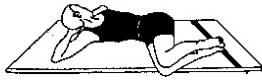
Jhulana Lurhakanasana



Stufe 2

Jhulana Lurhakanasana

PMA 2 - Übung 6: Supta Udarakarshanasana / Bauchstreckung im Ruhen



Supta Udarakarshanasana

PMA 2 - Übung 7: Shava Udarakarshanasana / allgemeine Wirbelsäulendrehung /



Übung 8: Bootshaltung/Naukasana



Naukasana