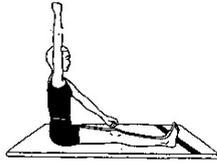


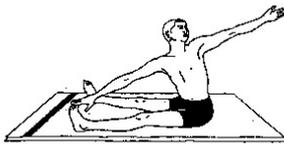
## Übersicht PMA 3 Serie

### **PMA 3 - Übung 1: Rajju Karshanasana / Seilziehen**



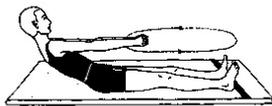
Rajju Karshanasana

### **PMA 3 - Übung 2 Gatyatmak Meru Vakrasana / dynamische Wirbelsäulendrehung**



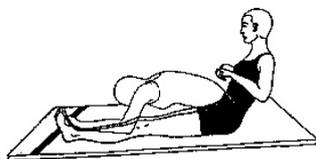
Gatyatmak Meru Vakrasana

### **PMA 3 - Übung 3: Chakki Chalanasana / Mahlen**



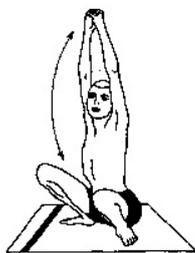
Chakki Chalanasana

### **PMA 3 - Übung 4: Nauka Sanchalanasana / Rudern (Stufe 1 + 2)**



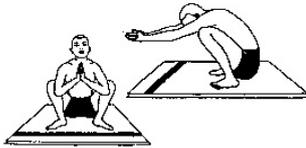
Nauka Sanchalanasana

### **PMA 3 – Übung 5: Kashtha Takshanasana / Holzhacken**



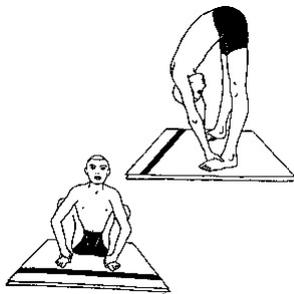
Kashtha Takshanasana

**PMA 3 – Übung 6: Namaskarasana / Grußhaltung**



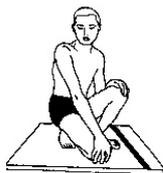
Namaskarasana

**PMA 3 - Übung 7: Vayu Nishkasana / Windentferner**



Vayu Nishkasana

**PMA 3 - Übung 8: Kawa Chalasana / Krähengang**



Kawa Chalasana-Krähengang