

Yogaschule Nordbayern®

Rückbeugen

Ausbildungsgruppe X
12. – 13. September 2026
Nürnberg

1

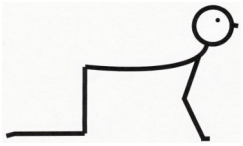
Grundlagen
Haṭha-Yoga
Rückbeugen

2

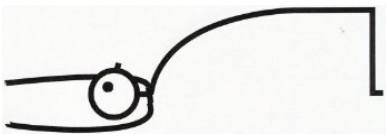
Rückbeugen, die wir uns anschauen:



vīrabhadrāsana



cakravākāsana



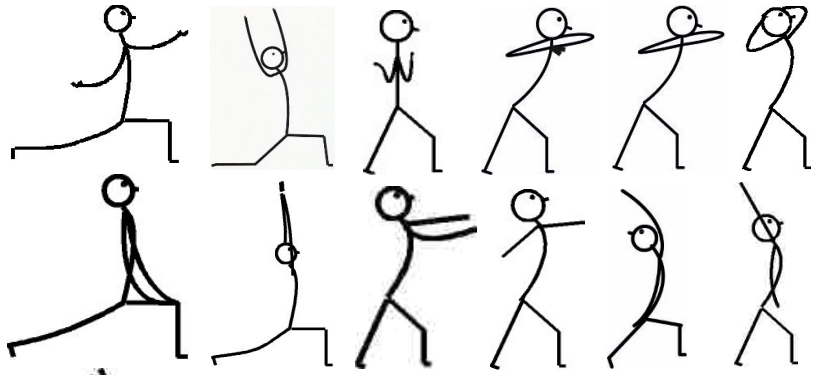
dvipāda pīṭham



śalabhāsana

3

Vīrabhadrāsana - Variationen

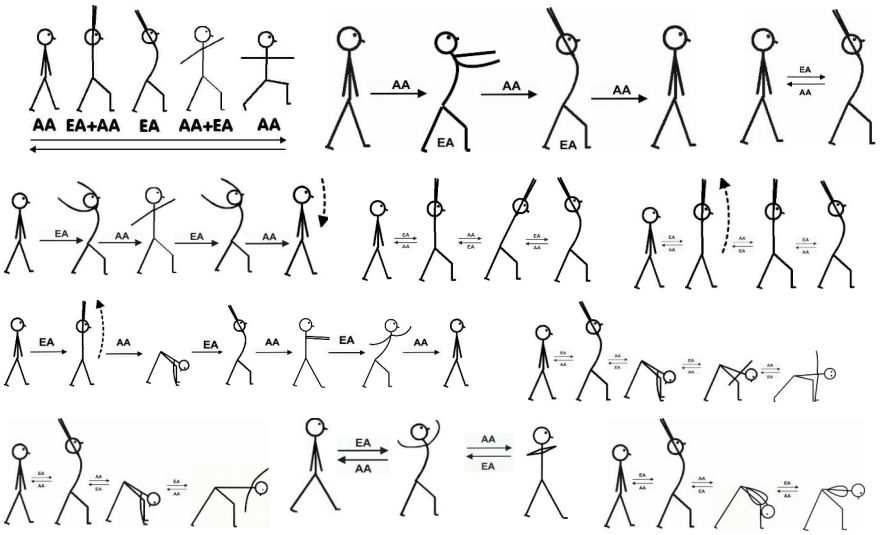






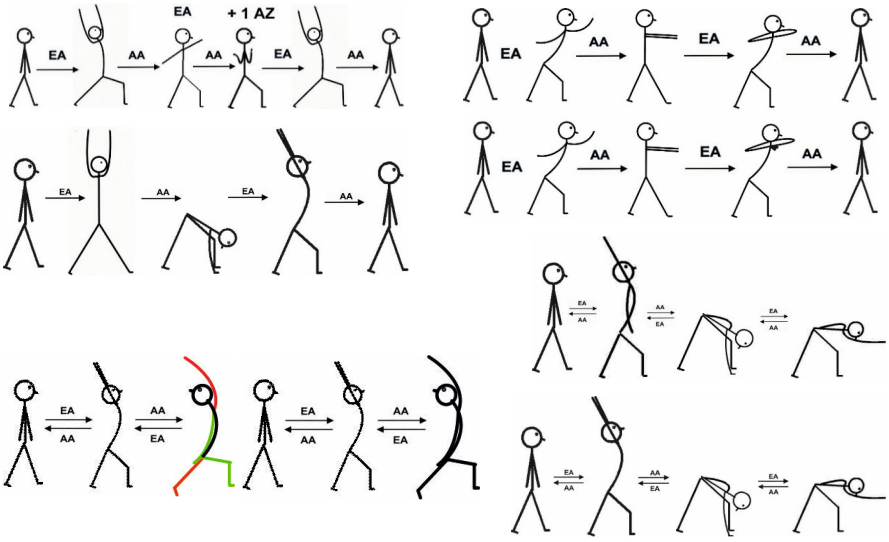
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Vīrabhadrāsana im vinyāsa



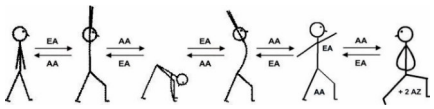
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Vīrabhadrāsana im vinyāsa

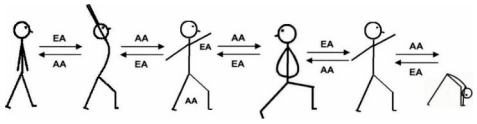


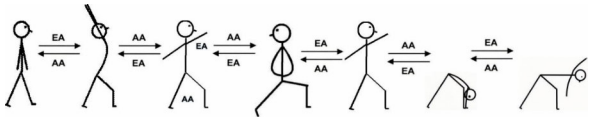
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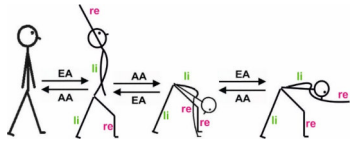
Vīrabhadrāsana im vinyāsa

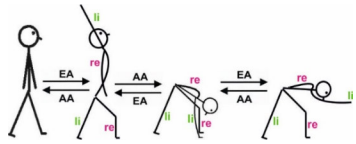






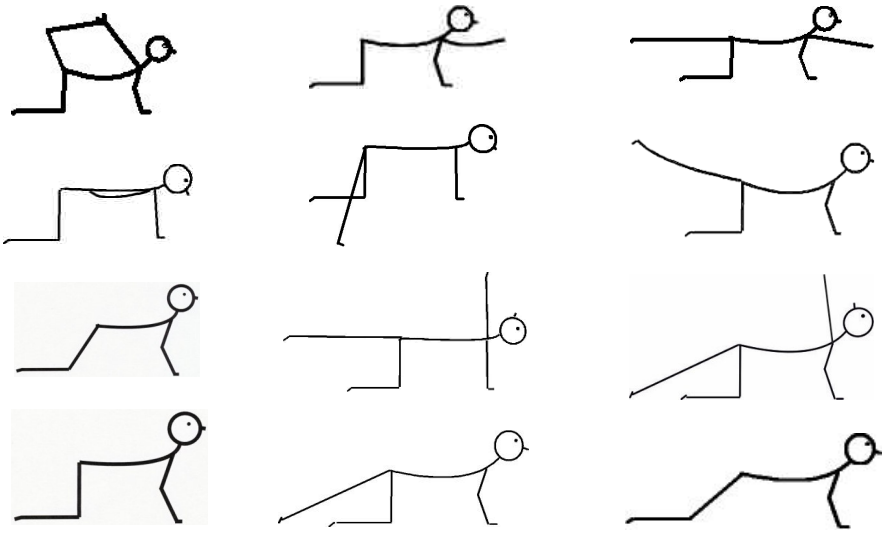






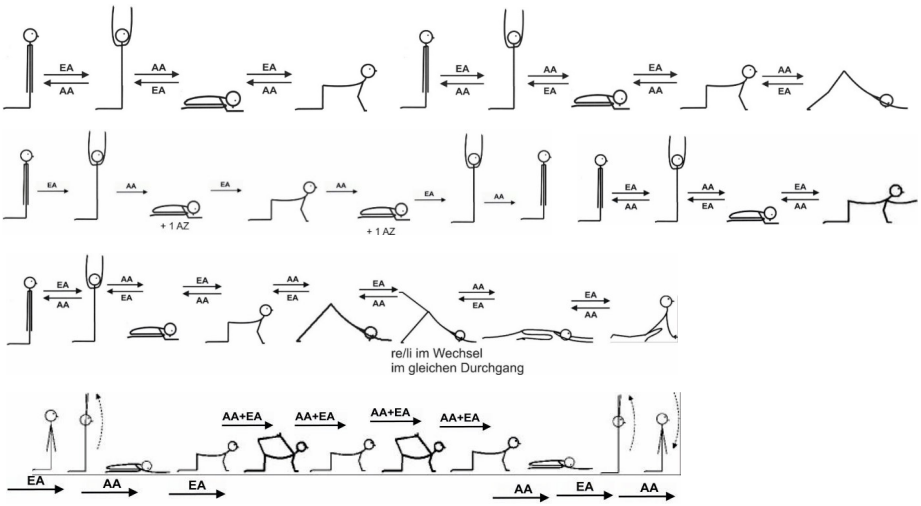
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Cakravākāsana - Variationen



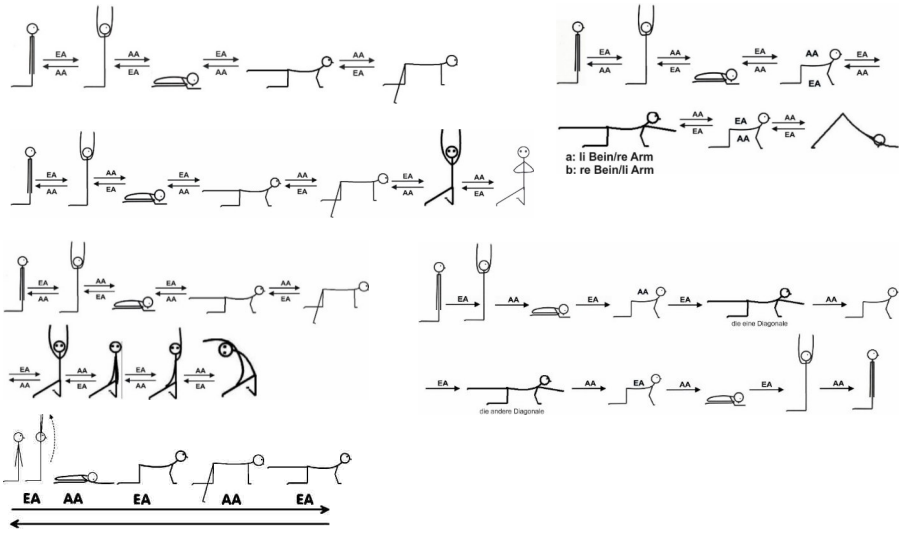
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Cakravākāsana im vinyāsa



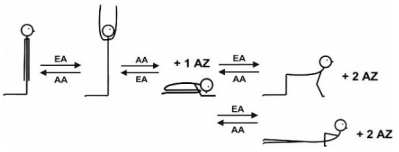
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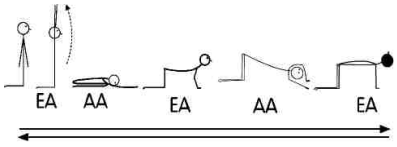
Cakravākāsana im vinyāsa

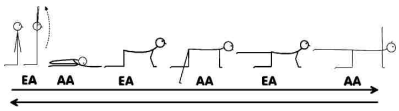


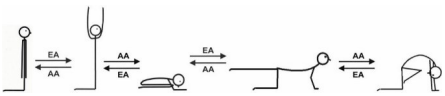
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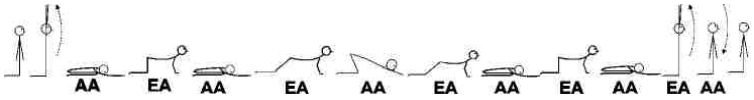
Cakravākāsana im vinyāsa









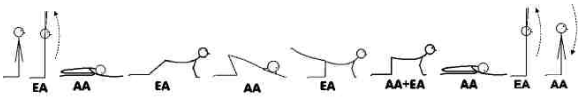


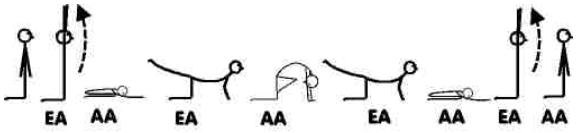
Veronika Karl und Moni Mayer, Yogaschule Nordbayern

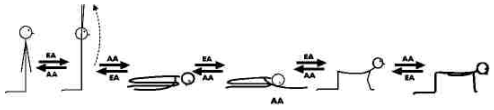
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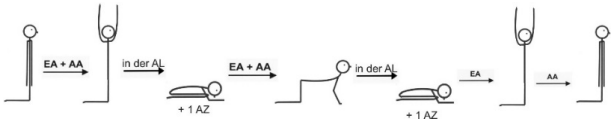
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Cakravākāsana im vinyāsa







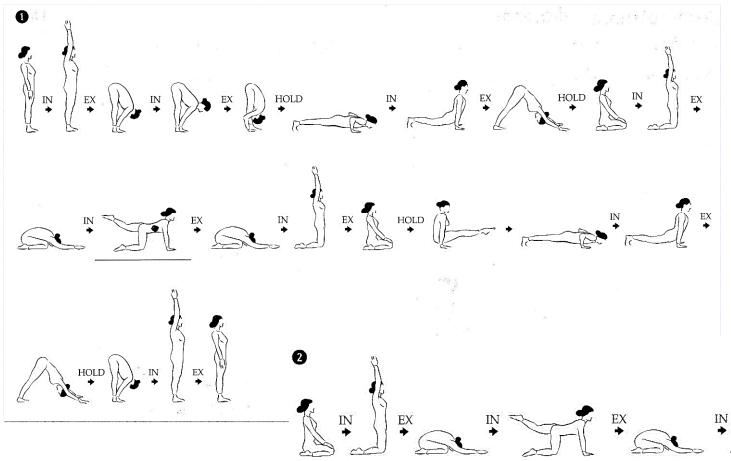


Veronika Karl und Moni Mayer, Yogaschule Nordbayern

12

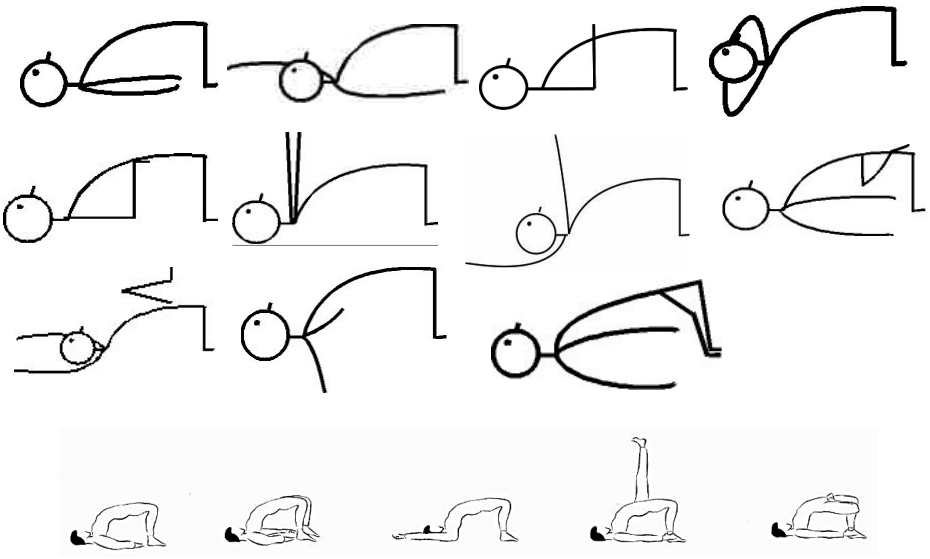
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Cakravākāsana im vinyāsa



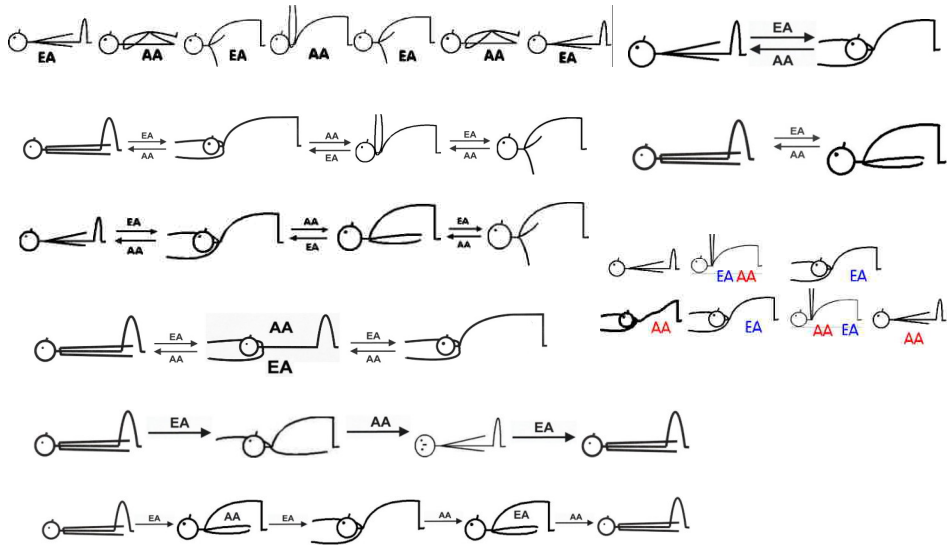
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dvipādapīṭham - Variationen

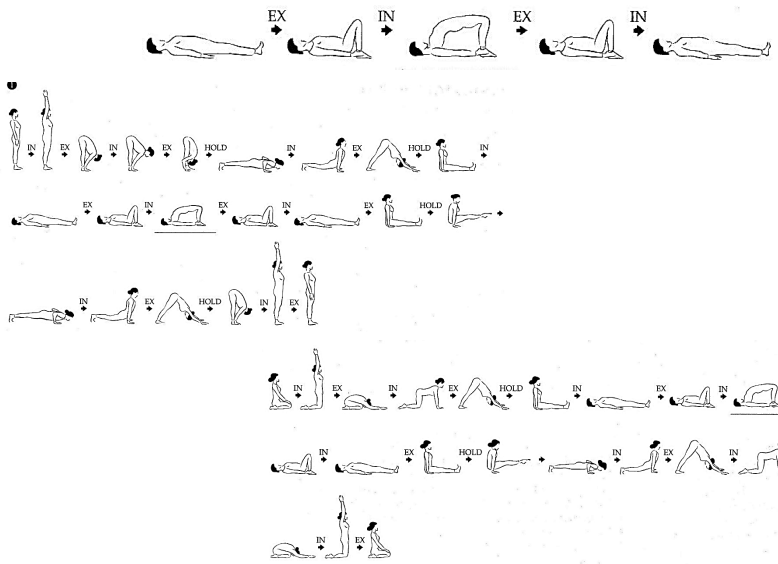


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dvipādapīṭham im vinyāsa

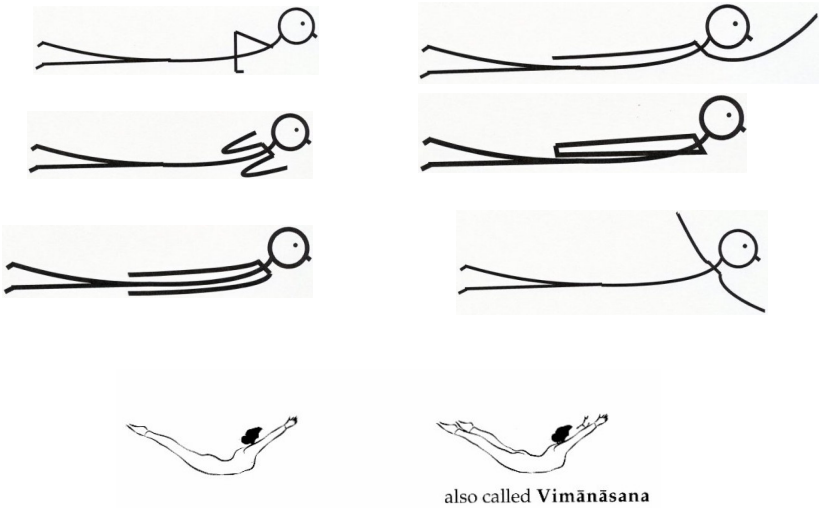

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dvipādapīṭham im vinyāsa



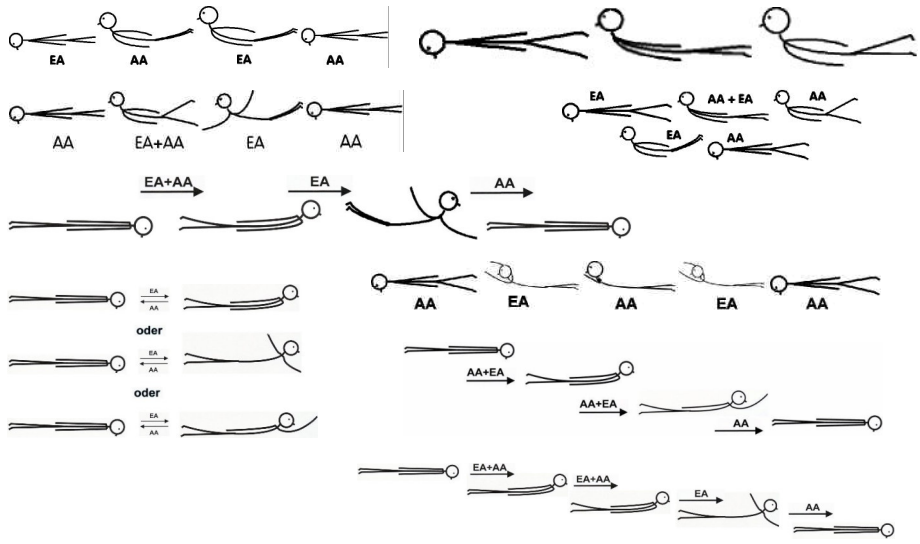
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śalabhāsana - Variationen



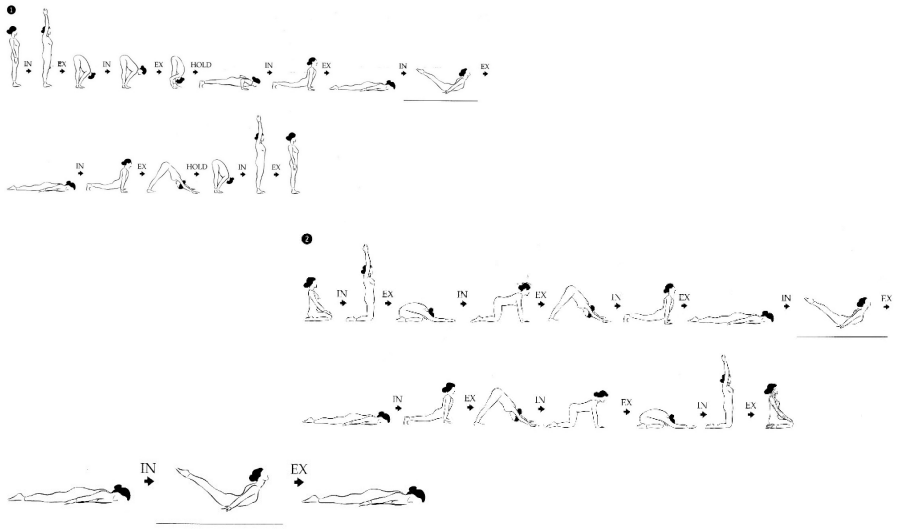
18

śalabhāsana – im vinyāsa



19

śalabhāsana – im vinyāsa



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