



# Einführungs- seminar

**Praxiseinheiten**

**Veronika Karl/Moni Mayer**  
Yogalehrerin BDY/EYU

**20. – 21. Juni 2026**  
**Nürnberg**

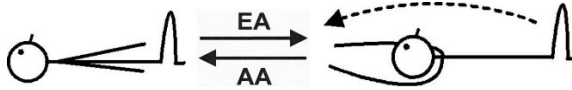


Praxiseinheit Samstag

Ankommen  
Körper- Atem-Geist spüren



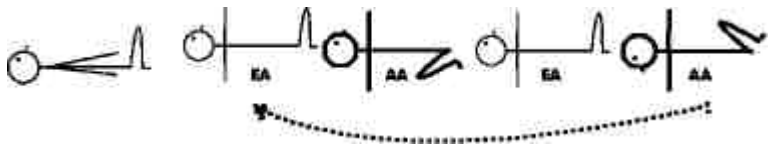
Armbewegung in der  
Rückenlage



dvipāda pītham



jaṭhara parivrṭti



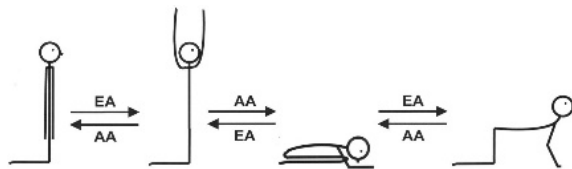
ardha apānāsana und  
apānāsana



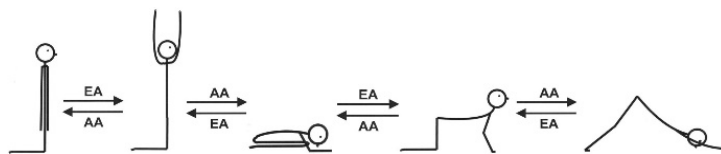
nachspüren



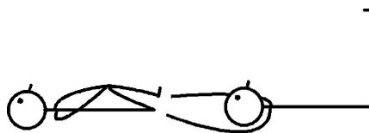
vinyāsa aus dem Kniestand



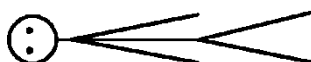
vinyāsa mit Hund



„Käfer und Päckchen“



Nachspüren

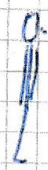
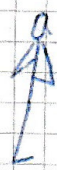




Nachmittagspraxis vom 20.06.2026

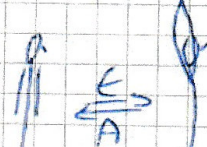
①

① Ankommen im Stehen  
Ankommen beim Atem  
Den Atem vertiefen

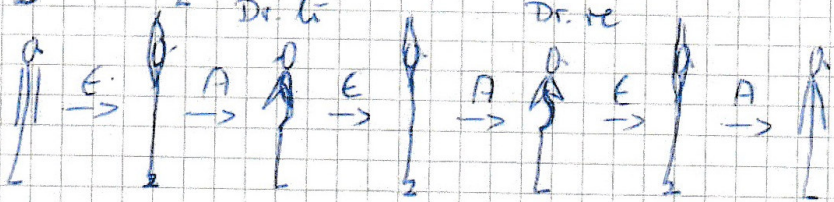
6 AZ

②



Arme über die Seite anheben und senken 5x

③

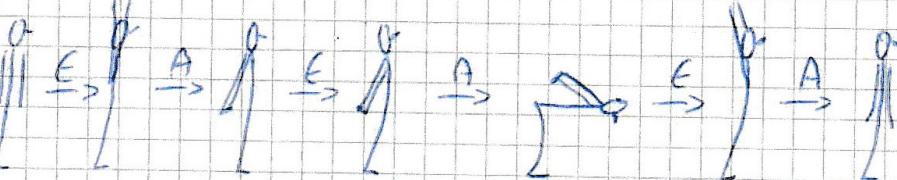


Dr. li Dr. re

aus dem Zehenstand nach links und rechts drehen

3x

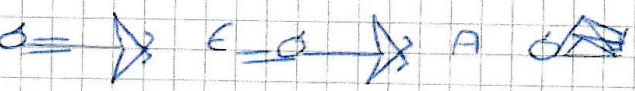
④



ardha uttānāsana 3x

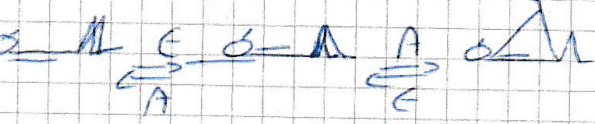
⑤ Pause

⑥



Statisch 3x  
dann die Beine wechseln

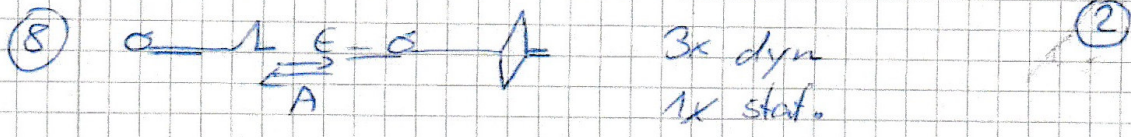
⑦



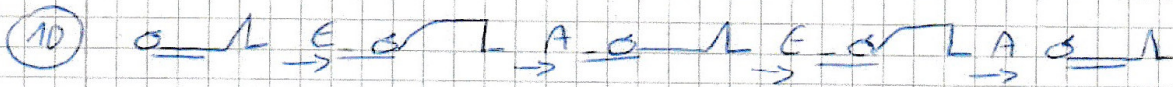
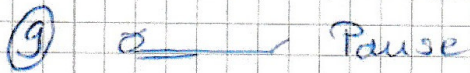
li Hand  
re Bein  
danach wechseln

Supta Eka Pādāṅguṣṭhāsana

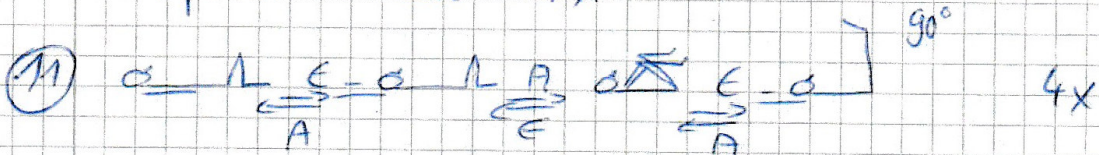
1 AZ



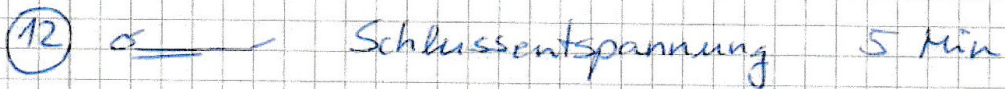
Supta Baddha Konāsana



Dvipāda Pītham 4x




Ūrdhva Prasāra Pācāsana

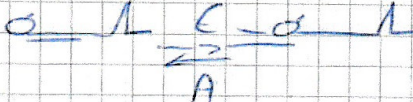


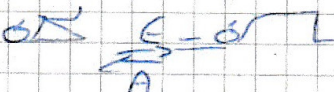


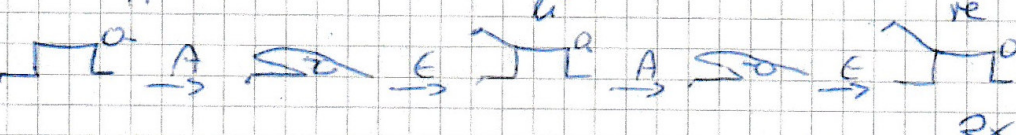
Morgenpraxis vom 21.06.2026

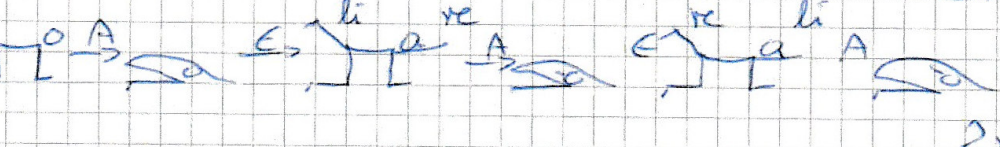
①


①  Ankommen bei Körper, Atem, Geist 5 Min


②  6x

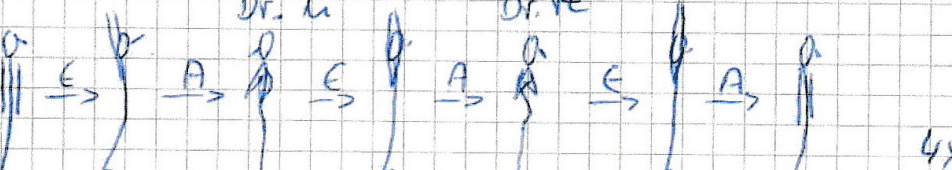
③  6x

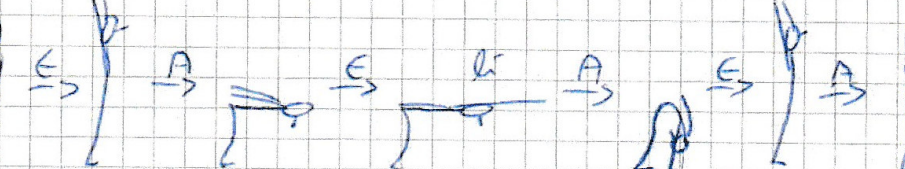
④a)  3x

b)  2x

⑤  Pause

⑥  Samasthiti 2 Min

⑦  4x

⑧ 

1x dann Arm wechseln,  
ganze Folge 2x wiederholen

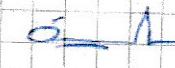


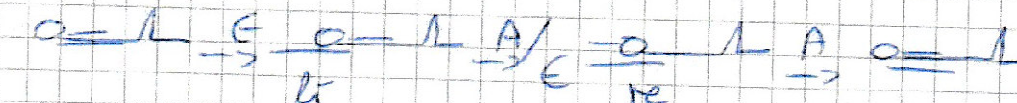
- ⑨ Pause ②
- ⑩ Beine wie zum  
Apānāsana über  
den Körper bringen  
Fußgelenke überkreuzt 4x
- ⑪ Dr. Li  
4 A-Z  
dann Seite wechseln
- ⑫   
A (Füße überkreuzen)
- ⑬ Schlusssentspannung 5 Min



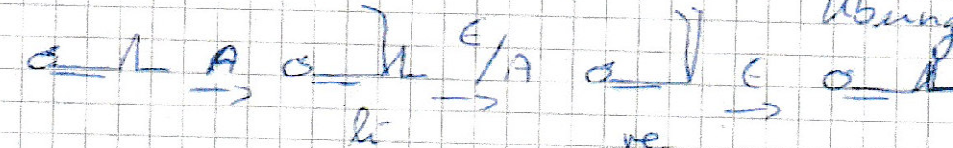
Nachmittagspraxis vom 29.06.26

①

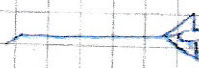
①  Ankommen im Liegen  
Ankommen beim Atem

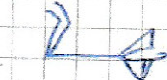
② 

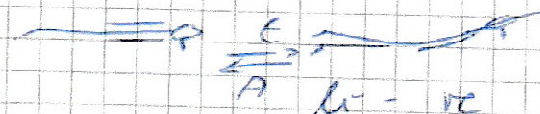
1x dann re - li / insgesamt 3x die ganze Übung

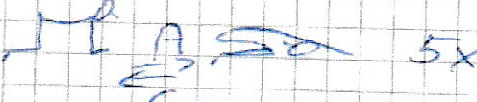
③ 

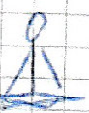
1x dann re - li / insgesamt 3x die ganze Übung

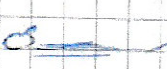
④   
Bauchlage

⑤  Beine mit den Unterschenkeln zur Seite nach links und rechts

⑥  Ardha Salabhasana  
li - re dann andersrum 2x

⑦  5x

⑧  EA Kopf anheben  
AA Kopf neigen 6x

⑨  Schlussentspannung 5 Min.