

# Der Sonnengruß

## sun salutation



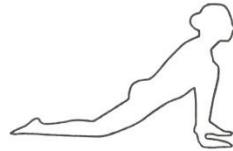
1

Arme strecken  
Arms up



2

Vorbeugen  
Head to knees



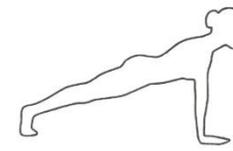
3

Linkes Bein nach hinten  
Stretch out left leg



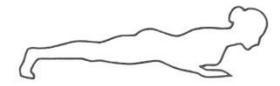
4

Herabschauender Hund  
Downward dog



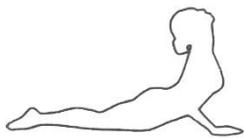
5

Liegestütze Haltung  
Push up



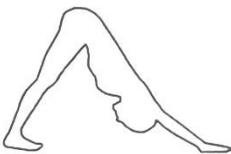
6

Liegestütze ablegen  
lower your body



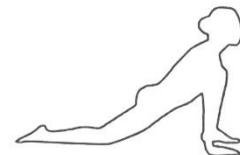
7

Sanfte Kobra  
Soft cobra



8

Herabschauender Hund  
Head to knees



9

Linkes Bein nach vorne  
Left leg in front



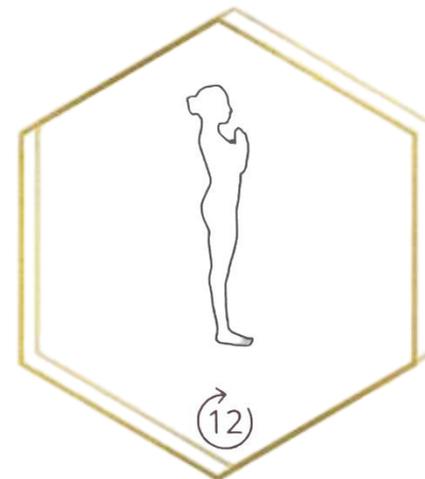
10

Vorbeugen  
Head to knees



11

Arme strecken  
Arms up



12

Namasté  
Namasté

Einatmen | inhale   Ausatmen | exhale

Übe anschließend den Sonnengruß mit dem rechten Bein vorne  
now do the salutation with your right leg