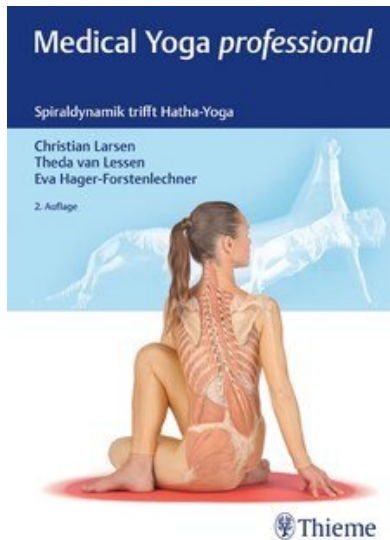


Christian Larsen Medical Yoga professional

Reading excerpt
[Medical Yoga professional](#)
of [Christian Larsen](#)

Publisher: MVS Medizinverlage Stuttgart



<https://www.narayana-verlag.com/b19846>

In the [Narayana webshop](#) you can find all english books on homeopathy, alternative medicine and a healthy life.

Copying excerpts is not permitted.
Narayana Verlag GmbH, Blumenplatz 2, D-79400 Kandern, Germany
Tel. +49 7626 9749 700
Email info@narayana-verlag.com
<https://www.narayana-verlag.com>



Sachverzeichnis

A

Abwärts schauender Hund 240, 271, 285–287, 298–301
 Adho Mukha Svanasana 240, 271, 285–287, 298–301
 Adho Mukha Vrksasana 294, 295
 Anjaneyasana 360, 390
 Ardha Dhanurasana 373, 408, 409
 Ardha Halasana 347
 Ardha Matsyendrasana 211, 212, 226, 227, 234–237
 Ardha Salamba Sarvangasana 347
 Aufwärts schauender Hund 283, 290, 291, 405, 406

B

Balasana 338
 Ballett-Plié 66
 Baum 92, 112–126, 152, 153, 162–165
 Berghaltung 13, 59, 78, 87–90, 162
 Bharadvajasana 230
 Bhujangasana 364, 405–407, 416
 Biddhalasana 244, 245
 Bogen 408, 409
 Boot 352
 Brettstellung 275, 288, 289, 405, 406

C

C-Bogen 345
 Chaturanga Dandasana 275, 278, 288, 289, 405, 406

D

Dandasana 324, 326, 355
 Dhanurasana 408, 409
 Dreh-Dehnlage 228, 229
 Drehsitz 211, 212, 226, 227, 234–237
 Dreiecksstand 231

E

Ellbogenstand 296, 297

F

Fechterhaltung 156, 157
 Flankendehnung, aktive 158, 159

G

Gedrehte Dreiecke 232, 233
 Gedrehter halber Bogen 373, 408, 409
 Gomukhasana 243, 326
 Grätschsitz 322, 323
 Grätschstand 283, 336

H

Halber Bogen im Stehen 410, 411
 Halbmond 360, 390
 Handstand 294, 295
 Heuschrecke 361, 373
 Hohe Brücke 412, 413

J

Janu Sirsasana 343, 351

K

Kamel 376, 377
 Kapotasana 385
 Karna pidasana 347
 Katze 244, 245
 Kerze 347
 Kindhaltung 338
 Kobra 364, 405–407, 416
 Kriegerstellung I 414, 415
 Kuhmaulsitz 243, 326

L

Langsitz 355

M

Makarasana 228, 229
 Marichyasana 351
 MVM-Feeling 65

N

Natarajasana 410, 411
 Navasana 352

P

Paripurna Navasana 352
 Parivritta Prasaritta Padottanasana 231
 Parivritta Trikonasana 232, 233

Parshva Karnapidasana 347
 Parsvakonasana 232, 233
 Pashchimottanasana 304, 307, 354, 355
 Pflug 347
 Pincha Mayurasana 296, 297
 Plié 66
 Prasaritta Padottanasana 336
 Prasaritta Padottanasana I 283

S

Samasthiti 87–90
 Schrägsitz 230
 Schrittstellung 154, 155
 Seitstütz 292, 293
 Shalabhasana 361, 373
 Sitzende Vorbeuge 343, 351
 Stockhaltung 324, 326
 Supta Konasana 353

T

Tadasana 13, 59, 78, 87–90, 162
 Taubenbrust 385

U

Upa Vista Konasana 322, 323
 Urdhva Dhanurasana 412, 413
 Urdhva Mukha Svanasana 283, 290, 291, 405, 406
 Ustrasana 376, 377
 Utkatasana 67
 Utthita Parshvakonasana 158, 159

V

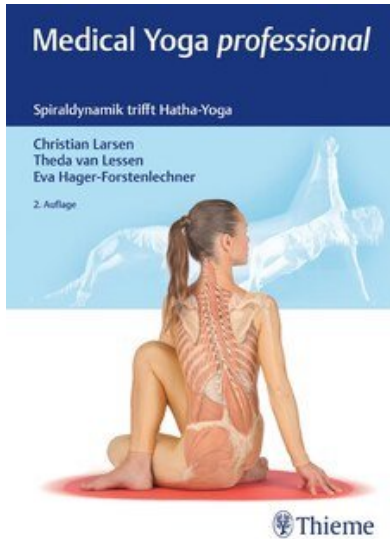
Vasisthasana 292, 293
 Virabhadrasana I 154, 155, 414, 415
 Virabhadrasana II 156, 157
 Vrksasana 92, 112–126, 152, 153, 162–165

Y

Yoga-Liegestütz 278
 Yogastuhl 67

Z

Zange 304, 307, 354, 355



Christian Larsen

[Medical Yoga professional](#)

424 pages, hb
publication 2015



More books on homeopathy, alternative medicine and a healthy life
www.narayana-verlag.com