



# Hathayoga in der Tradition des Ashtanga Yoga - Einsteiger Sequenz

## Surya Namaskara A / Sonnengruß A 5x

Samasthitih

Adho Mukha Svānāsana

Samasthitih

↓ N	1. ↑ Hd	2. ↓ N	3. ↑ 3rd	4. ↓ N	5. ↑ 3rd	6. ↓↑ 5x NV	7. ↑ 3rd	8. ↓ N	9. ↑ Hd	↓ N	1. ↑ Hd	2. ↓ N	3. ↑ 3rd	4. ↓ N
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## Surya Namaskara B/ Sonnengruß B 5x

Virabhadrasana A rechts

Virabhadrasana A links

Adho Mukha Svānāsana

Samasthitih

5. ↑ 3rd	6. ↓ NV	7. ↑ Hd	8. ↓ N	9. ↑ 3rd	10. ↓ NV	11. ↑ Hd	12. ↓ N	13. ↑ 3rd	14. ↓↑ 5x NV	15. ↑ 3rd	16. ↓ N	17. ↑ Hd	↓ N
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## Grundhaltungen Teil 1

Samasthitih

Pādānguṣṭhāsana

Pāda-Hastāsana

Samasthitih

Utthita Trikoṇāsana

Utthita Trikoṇāsana

Parivṛtta Trikoṇāsana

↓ N	1. ↑ N	↓↑ 3rd	2. ↓↑ 5x N	1. ↓↑ 3rd	2. ↓↑ 5x	3. ↓↑ 3rd	↑↓ N	1. ↑ N	2. ↓↑ 5x Hd	3. ↑ N	4. ↑↓ 5x Hd	1. ↑ N	2. ↓↑ 5x
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Parivṛtta Trikoṇāsana=

Samasthitih

Utthita Parśvakoṇāsana

Utthita Parśvakoṇāsana

Parivṛtta Parśvakoṇāsana

Parivṛtta Parśvakoṇāsana

Samasthitih

3. ↑ N	4. ↓↑ 5x S	5. ↑ N	↓ N	1. ↑ N	2. ↓↑ 5x Hd	3. ↑ N	4. ↑↓ 5x Hd	1. ↑ N	2. ↓↑ 5x S	3. ↑ N	4. ↓↑ 5x S	5. ↑ N	↓ N
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# Grundhaltungen Teil 2



Samasthitih | Parāsarita Pādottānāsana A | Parāsarita Pādottānāsana B | Parāsarita Pādottānāsana C

↓ N	1. ↑ N	2. ↓↑ 3rd	3. ↓↑5x N	4. ↓↑ 3rd	5. ↓ N	1. ↑ N	2. ↓↑ 3rd	3. ↓↑5x N	4. ↑↓ 3rd	1. ↑ N	2. ↓↑ 3rd	3. ↓↑5x N	4. ↑↓ 3rd
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Parāsarita Pādottānāsana D | Samasthitih | Pārvottānāsana | Pārvottānāsana | Samasthitih

1. ↑ N	2. ↓↑ 3rd	3. ↓↑5x N	4. ↑↓ 3rd	5. ↑ N	↓ N	1. ↑ 3rd	2. ↓↑5x N	3. ↑ 3rd	4. ↓↑5x N	5. ↑ 3rd	↓ N
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## 1. Serie Teil 1

Samasthitih | Utthita Hasta Pādāṅguṣṭhāsana A | Utthita Pārsvasahita | Utthita Hasta Pādāṅguṣṭhāsana B | Samasthitih | Utthita Hasta Pādāṅguṣṭhāsana A | Utthita Pārsvasahita | Utthita Hasta Pādāṅguṣṭhāsana B | Samasthitih | Ardha Baddha Padmottānāsana

↓ N	1,2,3. ↑↓5x N	4. ↑↓5x S	5.&6. ↑↓ N	7. ↑↓5x F	↓ N	8,9,10. ↑↓5x N	11. ↑↓5x S	12.&13. ↑↓ N	14. ↑↓5x F	↓ N	1. ↑ N	2. ↑↓5x N	3. ↑↓ 3rd	4. ↑ 3rd
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Samasthitih | Ardha Baddha Padmottānāsana | Samasthitih | Utkānāsana

5. ↓ N	6. ↑ N	7. ↑↓5x N	8. ↑↓ 3rd	9. ↑ 3rd	↓ N	1. ↑ Hd	2. ↓ N	3. ↑ 3rd	4. ↓ N	5. ↑ 3rd	6. ↓ NV	7. ↑↓5x Hd	↓ N	8. ↑ 3rd
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Virabhadrāsana A rechts | Virabhadrāsana A links | Virabhadrāsana B links | Virabhadrāsana B rechts | Daṅḍāsana | Paścimottānāsana A

9. ↓ N	10. ↑ 3rd	11. ↓ NV	7. ↑↓5x Hd	8. ↑↓5x Hd	9. ↑↓5x Hd	10. ↑↓5x Hd	11. ↑ 3rd	12. ↓ N	13. ↑ 3rd	14. ↑ Nv	7. ↑↓5x N	8. ↑ 3rd	9. ↓↑5x F
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# 1.Serie Teil 2



Paścimottāśana B      Paścimottāśana C      Paścimottāśana D

10. ↑↓ N   11. ↑↓ 3rd   8. ↑ 3rd   9. ↓↑5x F   10. ↑↓ N   11. ↑↓ 3rd   8. ↑ 3rd   9. ↓↑5x F   10. ↑↓ N   11. ↑↓ 3rd   8. ↑ 3rd   9. ↓↑5x F   10. ↑↓ N   11. ↑↓ 3rd

Pūrvottāśana

11. ↑ 3rd   12. ↓ N   13. ↑ 3rd   14. ↑ Nv   7. ↑↓ N   8. ↑↓ 5x 3rd   9. ↓ N   10. ↑ 3rd   11. ↓ N   12. ↑ 3rd   13. ↓ Nv

Schlusssequenz

Nāvāsana 3-5Wdh      Ūrdhva Dhanurāsana 3 Wdh.      Sālamba Sarvāṅgāsana      Halāsana      Karṇa-Pīṭhāsana      Ūrdhva-Padmāsana

7. ↑↓ 5x F   8. ↑ 3rd   9. ↓ N   10. ↑ 3rd   11. ↓ Nv   7. ↑ N   8. ↓ N   9. ↑↓ 5x N   10. ↑↓ 5x N   8. ↓↑10x N   8. ↓↑5x N   8. ↓↑5x N   9. ↓↑10x N

Pinḍāsana      Matsyāsana      Uttāna Pādāsana      Śīrṣāsana      Balāsana

9. ↓↑5x N   8. ↓↑5x 3rd   8. ↓↑5x 3rd   9. ↓ N   10. ↑ 3rd   11. ↓ Nv   7. ↑ N   8. ↓↑10x Nv   ↓↑5x N   9. ↓ 3rd   10. ↑ N   11. ↓ Nv

Baddha Padmāsana      Yoga Mudrā      Padmāsana      Utpluṭih      Samasthithi      Savasana

7. ↑↓ N   8. ↓↑5x N   9. ↓↑5x 3rd   8. ↓↑5x N   9. ↓↑5x 3rd   10. ↑ N   11. ↑ 3rd   12. ↓ NV   13. ↑ 3rd   14. ↓ N   ↑↓ N



### Vinyāsa:

- 01 = *ekam*
- 02 = *dve*
- 03 = *triṇi*
- 04 = *catvāri*
- 05 = *pañca*
- 06 = *ṣaṭ*
- 07 = *sapta*
- 08 = *aṣṭau*
- 09 = *nava*
- 10 = *daśa*
- 11 = *ekādaśa*
- 12 = *dvādaśa*
- 13 = *trayodaśa*
- 14 = *caturdaśa*
- 15 = *pañcadaśa*
- 16 = *ṣoḍaśa*
- 17 = *saptadaśa*
- 18 = *aṣṭadaśa*
- 19 = *ekonavimsatiḥ*
- 20 = *vimsatiḥ*
- 21 = *ekāvimsatiḥ*
- 22 = *dvāvimsatiḥ*
- 23 = *trayovimsatiḥ*
- 24 = *caturvimsatiḥ*
- 25 = *pañcavimsatiḥ*
- 26 = *ṣoḍavimsatiḥ*
- 27 = *saptavimsatiḥ*
- 28 = *aṣṭovimsatiḥ*

### Dr̥ṣṭi:

- N = *nāsāgre/* Nase
- D = *aṅguṣṭhamadhye/* Daumen
- 3rd = *bhrūmadhye/* 3. Auge
- Nv = *nābīcakre/* Bauchnabel
- O = *ūrdhvaḍṛṣṭi/* Oben
- Hd = *hastāgre/* Hand
- F = *pādayoragre/* Fuß
- S = *pārśvadr̥ṣṭi/* Seite

### Atem:

- ↑ = Einatmen
- ↓ = Ausatmen
- ↓↑5x = fünf Atemzüge

Name der Haltung

Vibhadrāsana A



↑ Vinyāsa      ↑ Atem      ↓ Dr̥ṣṭi

### Eröffnungs - Mantra

OM

vande gurūṇāṃ caraṇāravinde  
sandarśita svātma sukhāva  
bodhe

Ich verneige mich vor den Lotusfüßen [meiner]  
Lehrmeister (guru), weil sie [die Lehrmeister] die süße  
Erkenntnis des eigenen Selbst (svātma) enthüllen.

niḥśreyase jāṅgalikāyamāne

sāmsāra hālāhala moha sāntyai  
und weil sie wie ein Arzt völliges Wohlergehen bringen  
um die Illusion (*moha*), das stärkste Gift (*hālāhala*) des  
Weltengangs (*sāmsāra*), zu heilen.

ābāhu puruṣākāraṃ

śankha cakrāsi dhāriṇam

Vor dem, der am Oberkörper (*ābāhu*) von menschlicher  
Gestalt (*puruṣākāra*) ist, der Muschelhorn (*śarikha*),  
Diskus (*cakra*) und Schwert (*asi*) trägt,

sahasra śirasam śvetam

praṇamāmi patañjalim

der tausend strahlende Köpfe (*sahasra-śirasa*) hat, vor  
ihm verneige ich mich - vor *Patañjali*

OM

### Abschluss - Mantra

OM

svasti prajābhyah

paripālayantāṃ nyāyena

mārgeṇa mahim mahīśāḥ

Mögen die Herrscher auf Erden auf rechte Weise und  
richtigem Weg diese Welt sicher schützen, damit es den  
Menschen wohl ergehe.

gobrāhmaṇebhyaḥ śubhamastu  
nityam

Möge Gutes für das Heilige und die Gelehrten bestehen.

lokāsamastā sukhino bhavantu

Mögen alle Lebewesen in Friede und Harmonie  
miteinander existieren.

OM Shanti, Shanti, Shanti