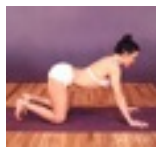


# BOWSPRING ÜBUNGEN Yoga Sommersemester 2017

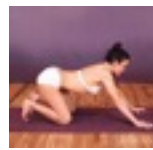
Informationen & Bilder: [www.globalbowspring.com](http://www.globalbowspring.com) (Desi Springer & John Friend) und [www.jonathanboydyoga.com](http://www.jonathanboydyoga.com) (Übungsvideos auf Youtube & Vimeo)



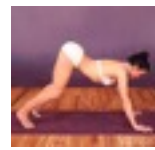
Lightening Bolt Pose (Fersensitz)



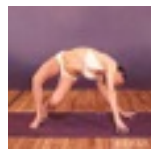
All-Fours Pose (Vierfüßler)



Spring Load



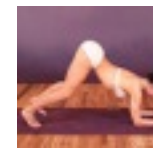
Crouching Cat



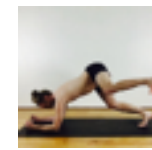
Twisted Cat



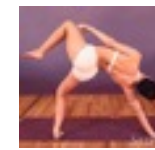
Back Cat



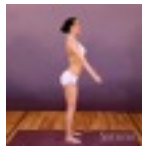
Crouching Sphinx



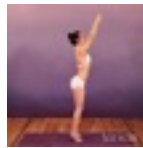
...with Open Leg



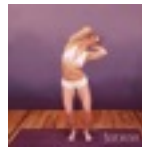
One-Arm Side Balance



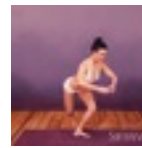
Earth Pose



Sky Pose



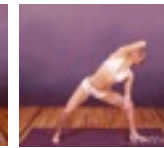
Crescent



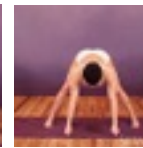
Zig-Zag Lunge



Tribal Lunch



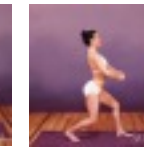
Side Coil Pose



Wide Stance Forward Bend



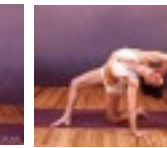
Wide Stance Backbend



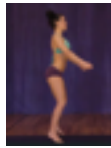
High Lunge (hoher Ausfallschritt)



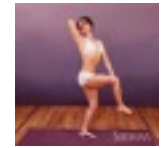
Low Lunge



Mantis (Gottesanbeterin)



Hops



Standing Twist



Open Leg



Bonsai Pose



Cross Ankle



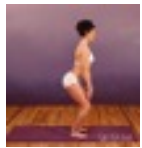
Phoenix



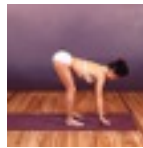
Propeller



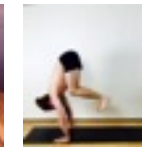
Half Moon



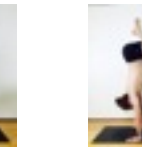
Recovery Pose



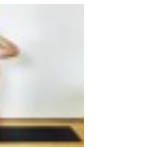
Standing Forward Bend



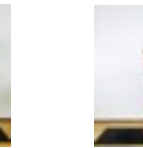
Frog Hops



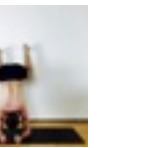
Handstand (zur Wand)



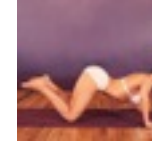
Handstand (im L - an der Wand)



Handstand (im L - an der Wand)



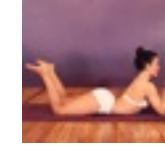
Sphinx (Unterarmstand)



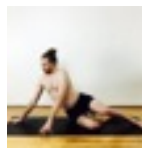
Panther Prep



Prone Bow Pose (Bogen in Bauchlage)



Tummy Time



Seated Side Twist



Side Bow



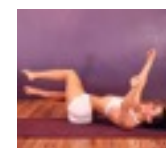
Supine Bow (Bogen in Rückenlage)



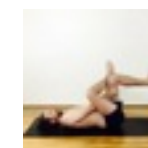
Thigh Root Pose (Oberschenkel verwurzeln)



Freedom Pose



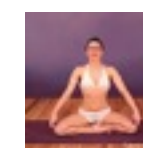
Supine Twist (Twist in Rückenlage)



Thread the Needle (Nadelöhr im Liegen)



Assimilation Pose (mindestens 5 min End-Entspannung)



Cross Legged Sitting Pose (Mediation)

- Atmung: frei, entspannt und weich durch Nase oder bei Bedarf auch durch den Mund
- seitliches Schlingeln bei Bedarf: (Wirbelsäule mit Kopf/Brustkorb/Becken bewegen wie Kaulquappe/Fisch): flüssige Bewegungsqualität einladen
- Federn & Wippen: als Test, ob der Körper entspannt und elastisch geöffnet & ganzheitlich-vernetzt aktiviert ist
- Pulsieren mit „Root & Rise“ - meistens angenehm mit: -> Ausatmend verwurzelt zum Becken & Boden -> Einatmend heben & wachsen zu Herz & Kopf
- in jeder Übung einige Atemzüge bleiben und mit liebevoller Achtsamkeit alle 10 Schlüsselbereiche aktivieren und öffnen
- zwischendurch Hops (Sprünge) einbauen -> so leise wie möglich landen
- ansonsten langsam & bewusst bewegen -> die Bowspring-Praxis ist vor allem auch eine intensive Re-Programmierung für den Geist