



fitness

# Yoga mat

For your individual yoga training needs

- Durable
- Light weight
- Incl. exercise instructions on the reverse



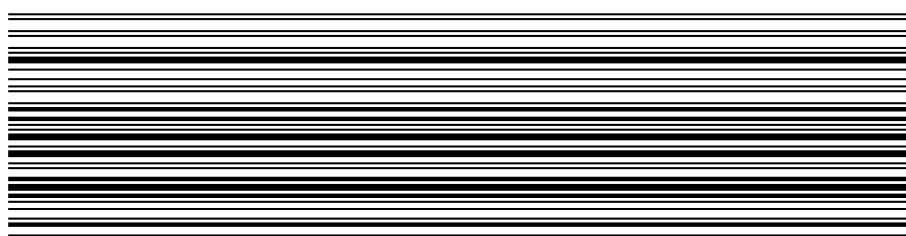
**SIZE:**  
approx.  
180 x 60 x 0.5 cm



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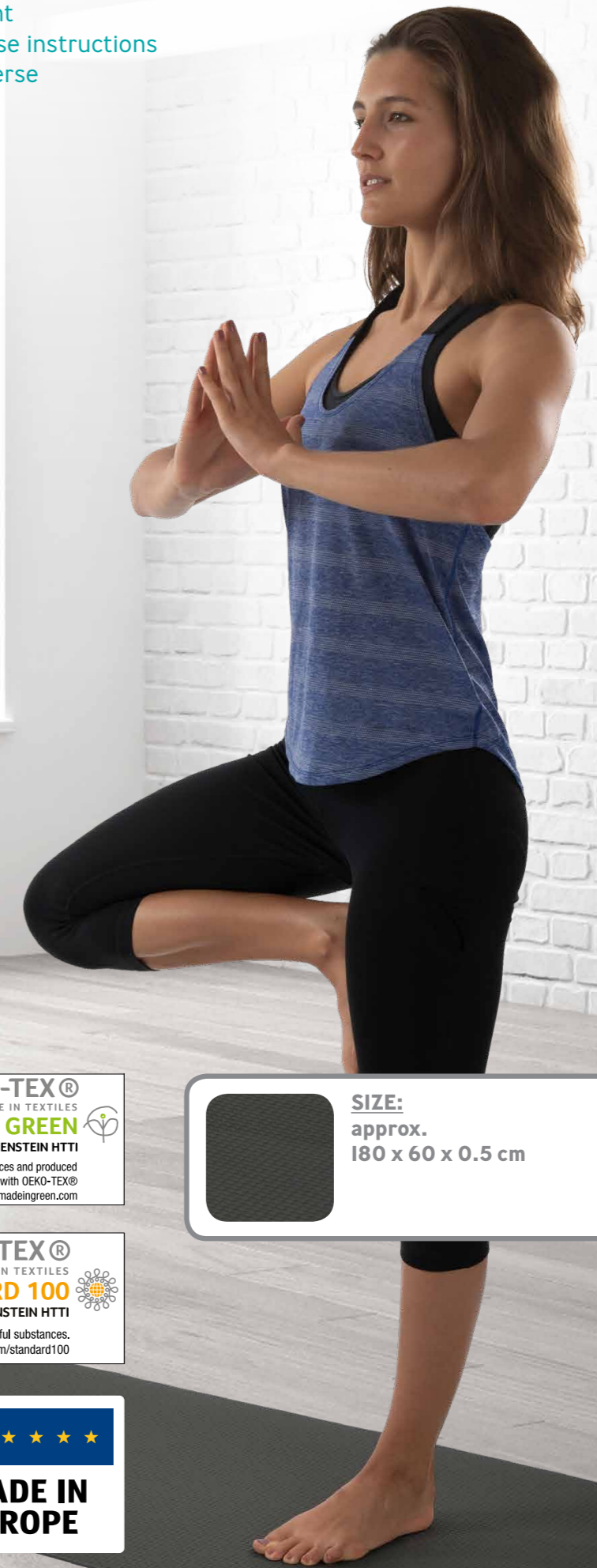
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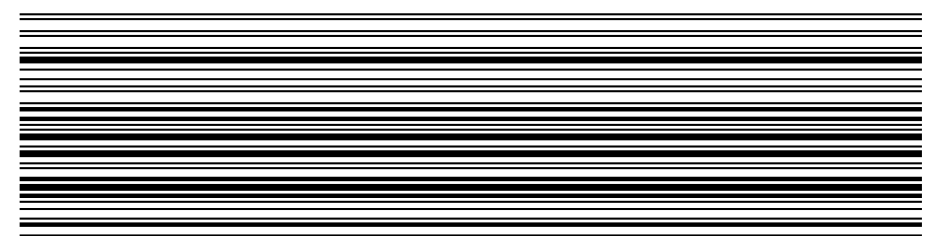
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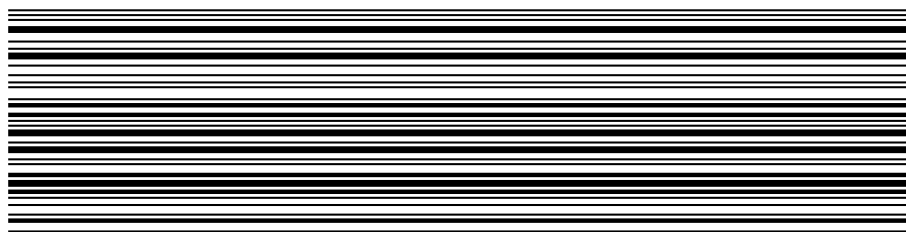
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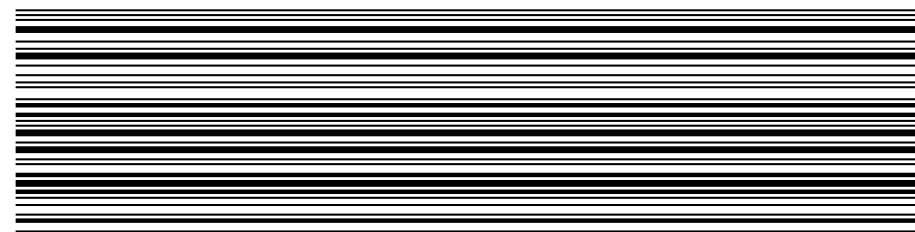
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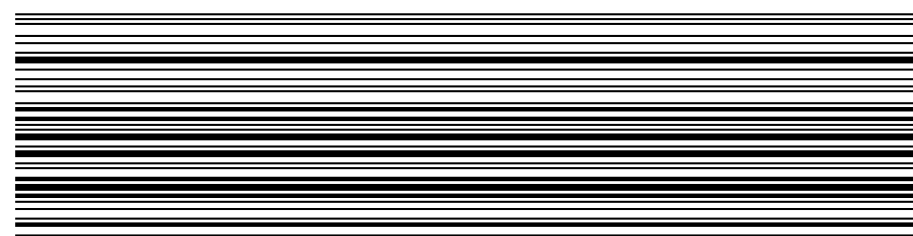
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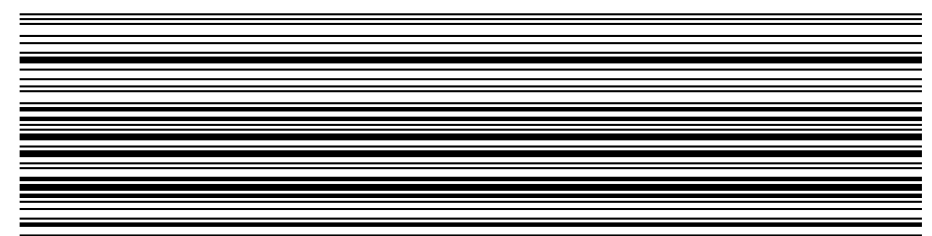
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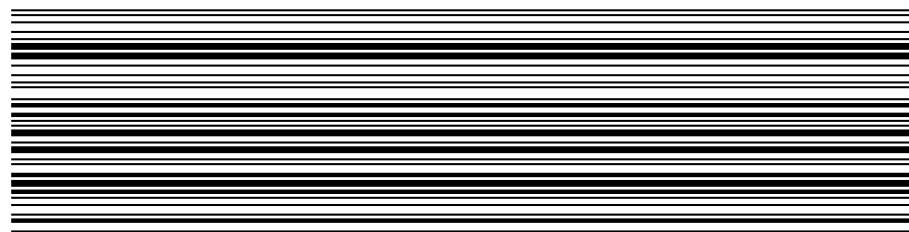
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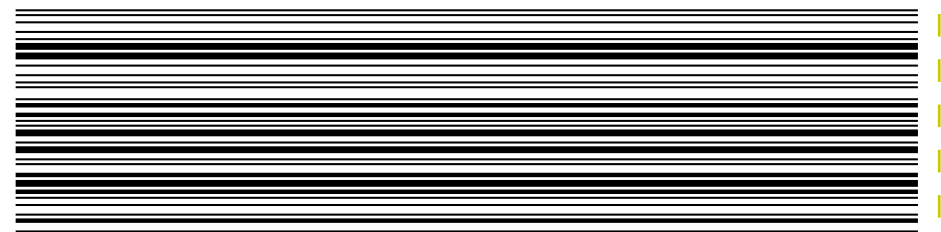
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## Workout Chart

### The sun salutation

**Note:** As with all physical exercise, you should seek the advice of a healthcare professional before starting.

## YOGA – first exercises

### The sun salutation

The sun salutation is made up of 13 movements, which should follow each other fluently. Initially, please start with the beginners variant to gain strength and some practice in the individual positions (Asana), in order to learn them correctly. Next, you should learn to coordinate your breathing with the movement. Breathe into and out of your chest deeply through your nose. Initially you should complete three to four rounds, and possibly increase by one more round every week, in order to achieve a total of 12 rounds after approx. 8 weeks. You should always be focused on performing the exercises with mindfulness, and always let your breath flow evenly. Although you can practice the sun salutation and the exercises illustrated here by yourself, we recommend guidance from an experienced yoga teacher at the beginning to avoid mistakes or injury.

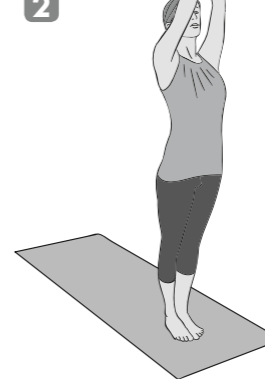
- 1** EXHALE – bring your hands together in front of your chest.
- 2** INHALE – press your feet into the ground, stretch your arms upward, as you pull your shoulders downward.
- 3** EXHALE – bend your knees, rest your torso on your thighs, and place your hands next to your feet for support. Let your neck relax.
- 4** INHALE – move your right leg backwards to form a lunge position. Your left knee is bent over your heel in a 90° angle.
- 5** EXHALE – move your left leg back, as you lift your hips and tail bone up and chest downwards into an inverted 'V' position, trying to keep your heels on the ground.
- 6** INHALE – and move into a high push-up position.
- 7** EXHALE – lower your body while it is stretched, without touching the floor. Hold your elbows tightly towards your body.
- 8** INHALE – stretch your arms towards the floor, and slide your chest forward and up-wards. Only the top of your foot is touching the floor, your legs are stretched and your pubic bone is pushed forward.
- 9** EXHALE – move your buttock towards your heels, as you lift your body back into the 'V' position.
- 10** INHALE – move your right foot forward and between your hands into the lunge position. Your right knee is bent over your heel in a 90° angle.
- 11** EXHALE – move your left foot forward next to your right one, and bend your torso over your thighs.
- 12** INHALE – gradually assume an upright position with your knees straight, your back straight, and both arms above your head.
- 13** EXHALE – bring your hands together in front of your chest.
- 14** FINAL RELAXATION – Shavasana  
Open your palms upwards, let your legs drop outwards loosely and keep your eyes closed. This relaxation should always take place after exercising.



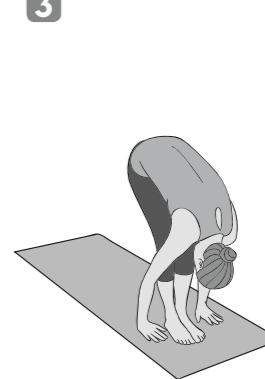
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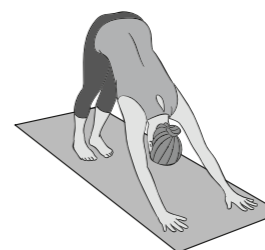
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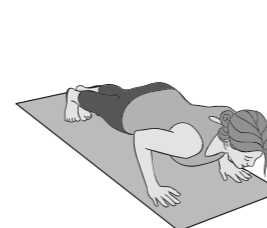
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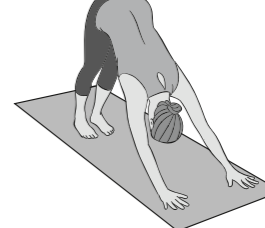
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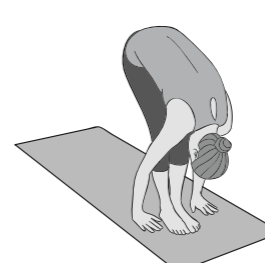
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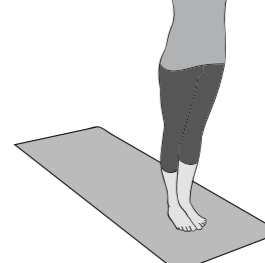
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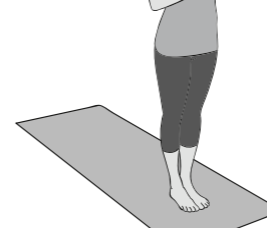
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