

ASHTANGA YOGA PRIMARY SERIES

OM vande gurunam charanaravinde ~ sandarshita svatmasukhavabodhe ~ nishreyase jangalikayamane ~ samsara halahala mohashantyai ~ abahu purushakaram ~ shankhachakrasi dharinam ~ sahasra shirasam shvetam ~ pranamami patanjalin OM

SURYANAMASKARA A (5x)



SURYANAMASKARA B (3-5x)



FUNDAMENTAL ASANAS



PRIMARY SERIES ASANAS



PRIMARY SERIES ASANAS CONTINUED



Marichasana A

Marichasana B

Marichasana C

Marichasana D

Navasana (5x)

Bhujapidasana



Kumasana

Supta Kumasana

Garbha Pindasana

Kukkutasana

Baddha Konasana



Upavistha Konasana A

Upavistha Konasana B

Supta Konasana

Supta Padangusthasana



Ubhaya
Padangusthasana

Urdhva Mukha
Paschimattanasana

Setu Bandhasana

Urdhva Dhanurasana (3-5x)

Paschimattanasana

FINISHING ASANAS



Sarvangasana

Halasana

Karnapidasana

Urdhva Padmasana

Pindasana

Matsyasana



Uttana Padasana

Shirshasana

Yoga Mudra

Padmasana

Utpluthih

OM svasti prajabhyah paripalayantam ~ nyayena margena mahim mahishah ~
gobrahmanebhyah shubhamastu nityam
loka samastah sukhino bhavantu ~ om shanti shanti shantih ~ harih OM

