

ASHTANGA YOGA: PRIMARY SERIES

Yoga Chikitsa

SURYANAMASKARA (SUN SALUTATIONS)

A 5 Rounds
B 5 Rounds

STANDING POSES

Padangusthasana
Padahasthasana
Utthita Trikonasana
Parivrtta Trikonasana
Utthita Parsvakonasana
Parivrtta Parsvakonasana

SEATED POSES (SELECTION)

Dandasana
Paschimottanasana
Purvottanasana
Janu Sirsasana A
Marichyasana A
Navasana

FINISHING SEQUENCE

Salamba Sarvangasana
Halasana
Sirsasana
Baddha Padmasana
Uplutuhi
Savasana

Drishti (Focus) ∅ Ujjayi (Breath) ∅ Bandha (Lock)