

# ASHTANGA YOGA: PRIMARY SERIES

Yoga Chikitsa (Yoga Therapy)

## SURYANAMASKARA (SUN SALUTATIONS)

**Suryanamaskara A** 5 Rounds

**Suryanamaskara B** 5 Rounds

## STANDING SEQUENCE

**Padangusthasana** *Big Toe Pose*

**Padahasthasana** *Hand Under Foot Pose*

**Utthita Trikonasana** *Triangle Pose*

**Utthita Parsvakonasana** *Extended Side Angle*

**Prasarita Padottanasana** *Wide Leg Fold (A-D)*

**Parsvottanasana** *Side Intense Stretch*

**Utthita Hasta Padangusthasana** *Hand to Big Toe Pose*

**Ardha Baddha Padmottanasana** *Half Bound Lotus Fold*

**Utkatasana** *Chair Pose*

**Virabhadrasana I & II** *Warrior I & II*

## SEATED SEQUENCE (YOGA CHIKITSA)

**Paschimottanasana** *Seated Forward Fold*

**Purvottanasana** *Upward Plank Pose*

**Ardha Baddha Padma Paschimottanasana***Half Bound Lotus Seated Fold*

**Janu Sirsasana***Head to Knee Pose (A-C)*

**Marichyasana***Sage Marichi Pose (A-D)*

**Navasana***Boat Pose*

**Kurmasana***Tortoise Pose*

**Baddha Konasana***Bound Angle Pose*

## FINISHING SEQUENCE

**Urdhva Dhanurasana***Upward Bow / Wheel*

**Salamba Sarvangasana***Shoulder Stand*

**Halasana***Plow Pose*

**Sirsasana***Headstand*

**Savasana***Corpse Pose*

Tristhana: Breath (Ujjayi), Posture (Asana), Gaze (Drishti)