

ASHTANGA PRIMARY SERIES

Yoga Chikitsa

SUN SALUTATIONS

Surya Namaskara A *5 Rounds*

Surya Namaskara B *5 Rounds*

STANDING POSES

Padangusthasana *Big Toe Pose*

Pada Hastasana *Hand Under Foot Pose*

Utthita Trikonasana *Triangle Pose*

Parivritta Trikonasana *Revolved Triangle*

Utthita Parsvakonasana *Extended Side Angle*

Parivritta Parsvakonasana *Revolved Side Angle*

Prasarita Padottanasana A-D *Wide Leg Fold*

Parsvottanasana *Side Intense Stretch*

Utthita Hasta Padangusthasana *Hand to Big Toe*

Ardha Baddha Padmottanasana *Half Bound Lotus Fold*

Utkatasana *Chair Pose*

Virabhadrasana A & B *Warrior I & II*

SEATED POSES

Dandasana *Staff Pose*

Paschimottanasana A-C *Seated Forward Fold*

Purvottanasana *Upward Plank Pose*

Ardha Baddha Padma Paschi. *Half Bound Lotus Fold*

Janu Sirsasana A-C *Head to Knee Pose*

Marichyasana A-D *Sage Marichi Pose*

Navasana *Boat Pose*

Bhujapidasana *Arm Pressure Pose*

Kurmasana *Tortoise Pose*

FINISHING SEQUENCE

Urdhva Dhanurasana *Upward Bow Pose*

Salamba Sarvangasana *Shoulder Stand*

Halasana *Plow Pose*

Sirsasana *Headstand*

Padmasana *Lotus Pose*

Savasana *Corpse Pose*
