

# ashtangayoga

## PRIMARY SERIES

YOGA CIKITSĀ

SATTVA YOGA SHALA

### SŪRYANAMASKĀRA A



INHALE EXHALE INHALE EXHALE INHALE EXHALE 5 BREATHS INHALE EXHALE INHALE EXHALE

### SŪRYANAMASKĀRA B



INHALE EXHALE INHALE EXHALE INHALE EXHALE INHALE EXHALE INHALE EXHALE INHALE EXHALE INHALE EXHALE INHALE EXHALE 5 BREATHS INHALE EXHALE INHALE EXHALE

### STANDING SEQUENCE



pādāṅguṣṭhāsana pāda hastāsana utthita trikoṇāsana parivrta trikoṇāsana utthita pārśvakoṇāsana parivrta pārśvakoṇāsana prasārita pādottānāsana A prasārita pādottānāsana B prasārita pādottānāsana C prasārita pādottānāsana D pārśvottānāsana



utthita hasta pādāṅguṣṭhāsana A utthita hasta pādāṅguṣṭhāsana B utthita hasta pādāṅguṣṭhāsana C ardha baddha padmottānāsana utkatāsana virabhadrasana A virabhadrasana B

1 BREATH

SEATED SEQUENCE



dandāsana paścimattānāsana A paścimattānāsana B paścimattānāsana C pūrvattānāsana ardhā baddha padma paścimattānāsana tirāṅgmukha ekapāda paścimattānāsana jānuśīrṣāsana A jānuśīrṣāsana B jānuśīrṣāsana C



marīcāsana A marīcāsana B marīcāsana C marīcāsana D nāvāsana x5 bhujapīdāsana kūrmāsana supta kūrmāsana garbha pindāsana kukkutasana

5 BREATHS THEN ROLL



baddha koṅāsana A baddha koṅāsana B upaviṣṭha koṅāsana A upaviṣṭha koṅāsana B supta koṅāsana supta pādāṅguṣṭhāsana A supta pādāṅguṣṭhāsana B ubhaya pādāṅguṣṭhāsana ūrdhvamukha paścimattānāsana setu bandhāsana

5 BREATHS THEN ROLL & LAND ON THE EXHALE

1 BREATH

FINISHING SEQUENCE



ūrdhva dhanurāsana x3 paścimattānāsana salamba sarvāṅgāsana halāsana karna piḍāsana ūrdhva padmāsana pinḍāsana matsyāsana uttāna pādāsana śīrṣāsana ūrdhva dandāsana bālāsana baddha padmāsana yoga mudrā padmāsana utpluṭhi śavāsana

5 BREATHS

10 BREATHS

10 BREATHS

1 BREATH