

Ashtanga Yoga Primary Series



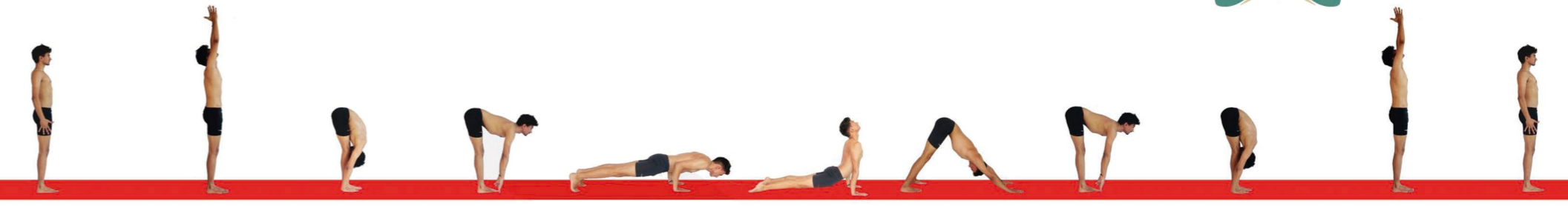
VINYASA

CHAKRASANA

Ashtanga opening chant
 om vande gurunam charanaravinde
 sandarshita svatmasukhavabodhe
 nishreyase jangalikayamane
 samsara halahala mohashantyai

abahu purushakaram
 shanka chakrasi dharinam
 sahasra sirasam svetam
 pranamami patanjalin om

Ashtanga Sun Salutation
A



Posture	SAMASTHITI	URDHVA NAMASHKARASANA	UTTANASANA A	UTTANASANA B	CHATURANGA DANDASANA	URDHVA MUKHA SAVANASANA	ADHO MUKHA SAVANASANA	UTTANASANA B	UTTANASANA A	URDHVA NAMASHKARASANA	SAMASTHITI
Breathing		inhale	exhale	inhale	exhale	inhale	exhale +5 Breaths	inhale	exhale	inhale	exhale
Drishti/Gazing Point	nose	thumb	nose	3rd eye	nose	upward	navel	3rd eye	nose	thumb	nose

Ashtanga Sun Salutation
B



Posture	SAMASTHITI	UTKATASANA	UTTANASANA A	UTTANASANA B	CHATURANGA DANDASANA	URDHVA MUKHA SAVANASANA	ADHO MUKHA SAVANASANA	VIRABHADRASANA A	CHATURANGA DANDASANA	URDHVA MUKHA SAVANASANA	ADHO MUKHA SAVANASANA	VIRABHADRASANA A	CHATURANGA DANDASANA	URDHVA MUKHA SAVANASANA	ADHO MUKHA SAVANASANA	UTTANASANA B	UTTANASANA A	UTKATASANA	SAMASTHITI
Breathing		inhale	exhale	inhale	exhale	inhale	exhale	inhale	exhale	inhale	exhale	inhale	exhale	inhale	exhale +5 Breaths	inhale	exhale	inhale	exhale
Drishti/Gazing Point	nose	thumb	nose	3rd eye	nose	upward	navel	thumb	nose	upward	navel	thumb	nose	upward	navel	3rd eye	nose	thumb	nose



Posture	PADANGUSTHASANA	PADAHASTHASANA	UTTHITA TRIKONASANA	PARIVRTTA TRIKONASANA	UTTHITA PARSVAKONASANA	PARIVRTTA PARSVAKONASANA	PRASARITA PADOTTANASANA A	B	C	D	PARSVOTTANASANA	UTTHITA HASTA PASANGUSTHASANA A	B	C	D	ARDHA BADDHA PADMOTTANASANA	SAMASTHITI	URDHVA NAMASHKARASANA	UTTANASANA A	UTTANASANA B
Drishti/Gazing Point	nose	nose	palm	palm	palm	palm	nose	nose	nose	nose	big toe	big toe	side	nose	big toe	nose	nose	thumb	nose	3rd eye



Posture	CHATURANGA DANDASANA	URDHVA MUKHA SAVANASANA	ADHO MUKHA SAVANASANA	UTKATASANA	VINYASA	CHATURANGA DANDASANA	URDHVA MUKHA SAVANASANA	ADHO MUKHA SAVANASANA	VIRABHADRASANA A	B	VINYASA	CHATURANGA DANDASANA	URDHVA MUKHA SAVANASANA	ADHO MUKHA SAVANASANA	DANDASANA	PASCHIMOTTANASANA A	B	C
Drishti/Gazing Point	nose	upward	navel	thumb	nose	nose	upward	navel	thumb	hand	upward	nose	upward	navel	nose	nose	nose	nose



Posture	PURVATTANASANA	ARDHA BADDHA PADMA PASCHIMOTTANASANA	TRIANG MUKHA EK PADA PASCHIMOTTANASANA	JANU SIRSASANA A	B	C	MARICHYASANA A	B	C	D	NAVASANA	BHUJAPIDASANA	KURMASANA	SUPTA KURMASANA	GARBHA PINDASANA	KUKKUTASANA	BADDHA KONASANA A
Drishti/Gazing Point	3rd eye	nose	big toe	big toe	big toe	big toe	big toe	nose	side	side	toe	nose	nose	nose	3rd eye	3rd eye	3rd eye



Posture	B	C	UPAVISHTA KONASANA A	B	SUPTA KONASANA A	B	SUPTA PADANGUSTHASANA A	B	C	UBHAYA PADANGHUSTHASANA	URDHVA MUKHA PASHIMOTTANASANA	SETU BANDHASANA	URDHVA DHANURASANA	PASCHIMOTTANASANA	5 Ujjai Breaths	SALAMBA SARVANGASANA	HALASANA
Drishti/Gazing Point	nose	nose	3rd eye	upward	nose	3rd eye	toe	side	foot	upward	foot	nose	3rd eye	nose		toe	nose



Posture	KARNAPIDASANA	URDHVA PADMASANA	PINDASANA	MATSYASANA	UTTANA PADASANA	SIRSASANA	URDHVA DANDASANA	YOGA MUDRA	PADMASANA	UTTPLUTHI	SAVASANA
Drishti/Gazing Point	nose	nose	nose	3rd eye	3rd eye	nose	nose	3rd eye	nose	nose	closes

Ashtanga closing chant
 om svasthi praja bhyah
 pari pala yantam
 nyayena margena
 mahim mahishaha

go brahmanebhyaha
 shubhamastu nityam
 loka samasta sukhino bhavantu
 om shanti shanti shanti