

# ASHTANGA YOGA PRIMARY SERIES



## 1. SŪRYANAMASKĀRA



Sūryanamaskāra A (5 times)



Sūryanamaskāra B (3 times)

## 2. FUNDAMENTAL ASANAS



Pādānguṣṭhāsana



Pādahastāsana



A

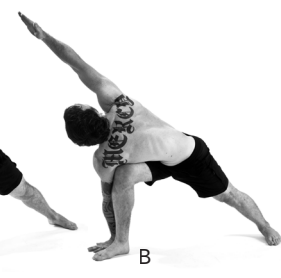


B

Utthitatrikoṅāsana



A



B

Utthitapārsvakoṅāsana



A



B



C



D

Prasāritapādotnāsana



Pārsvottnāsana

## 3. PRIMARY SERIES ASANAS



Utthitahasta Pādānguṣṭhāsana



Ardhabaddha Pādotnāsana



Utkatāsana



Vīrabhadrāsana



Daṇḍāsana



A



B or D

Paścimattnāsana



Pūrvattnāsana



Ardhabaddhapadma Paścimattnāsana



Triyaṅgamukhaikapāda Paścimattnāsana



A

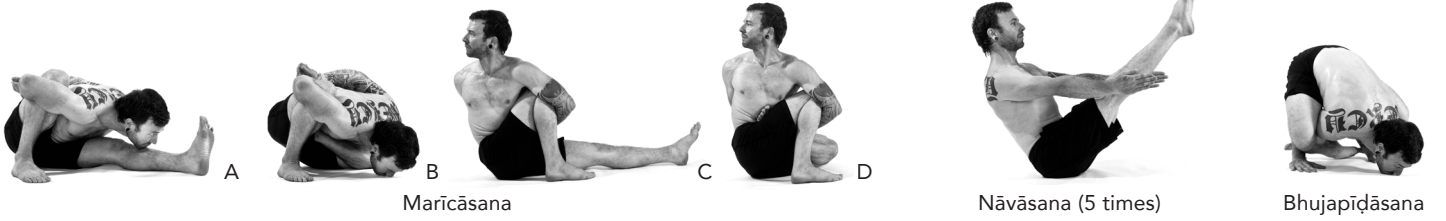


B

Jānuśīrṣāsana



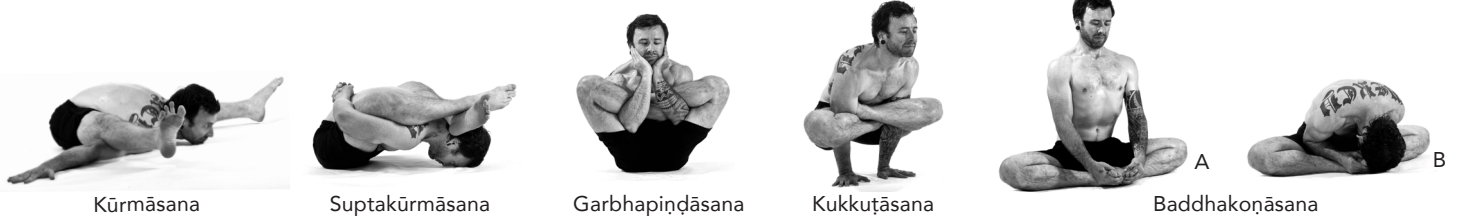
C



Maricāsana

Nāvāsana (5 times)

Bhujapīḍāsana



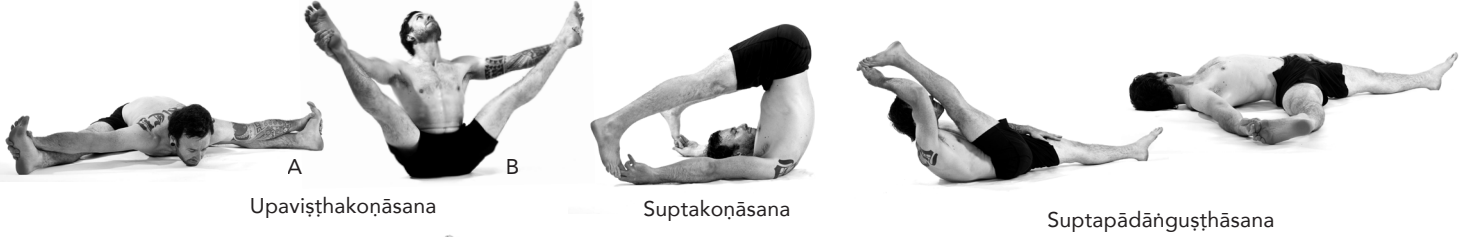
Kūrmāsana

Suptakūrmāsana

Garbhapiṇḍāsana

Kukkuṭāsana

Baddhakoṇāsana



Upaviṣṭhakoṇāsana

Suptakoṇāsana

Suptapādānguṣṭhāsana



Ubhayapādānguṣṭhāsana

Ūrdhvamukha  
Paścimattānāsana

Setubandhāsana

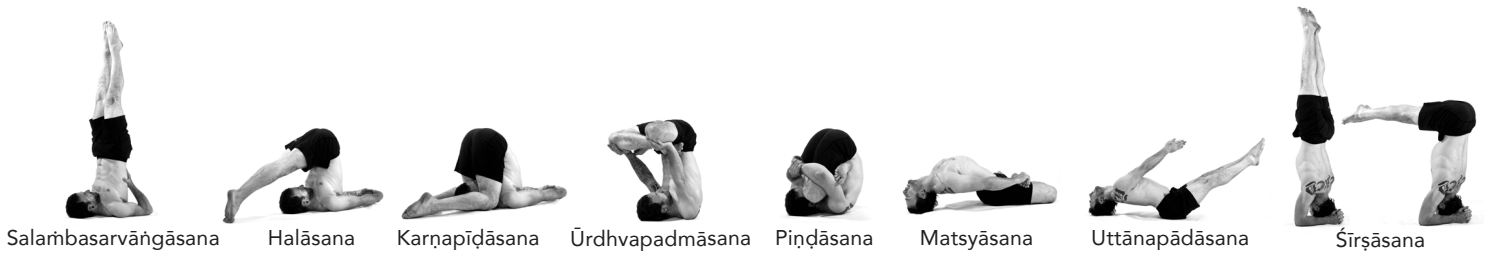
#### 4. BACKBENDING SEQUENCE



Ūrdhavadhanurāsana (3 times)

Paścimattānāsana

#### 5. CLOSING SEQUENCE ASANAS



Salambasarvāṅgāsana

Halāsana

Karṇapīḍāsana

Ūrdhwapadmāsana

Piṇḍāsana

Matsyāsana

Uttānapādāsana

Śīrṣāsana



Yogamudrā

Padmāsana

Utpluthiḥ

Take rest