Ashtanga Yoga Primary Series

Sūrya Namaskāra A
9 vinyasa

samasthiti EXHALE | EKAM 1.INHALE | DVE 2.EXHALE | TRINI 3.INHALE | CHATVARI 4.EXHALE | PACNHA 5.INHALE | SAT 6. EXHALE | SAPTA 7. INHALE | ASHTAU 8.EXHALE | NAVA 9. INHALE | samasthiti EXHALE

Sūrya Namaskāra B
17 vinyasa

samasthiti EX | EKAM 1.IN | DVE 2.EX | TRINI 3.IN | CHATVARI 4.EX | PACNHA 5.IN | SAT 6. EX | SAPTA 7. IN | ASHTAU 8.EX | NAVA 9. IN | DASA 10. EX | EKADASA 11. IN | DVADASA 12. EX | TRIODASA 13.IN | CHATURDASA 14. EX | PANCHADASA 15. IN | SHODASA 16. EX | SAPTADASA 17.IN | samasthiti EX

Pādāngusthāsana
nose, 3

Pādda Hastāsana
nose, 3

A — Trikonāsana
hand, 5

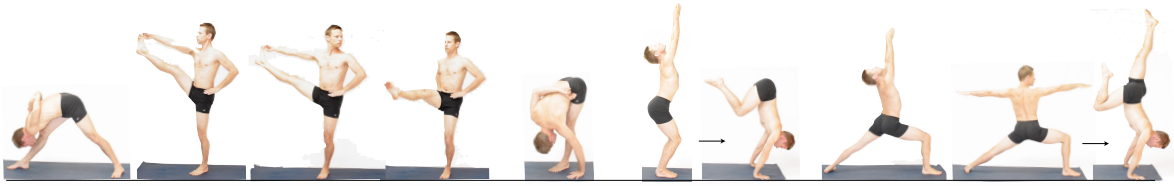
B — Parśvakonāsana
hand, 5

A — Prasārita Padottānāsananose,
nose, 5

B

C

D



Parśvottanasana
nose,5

A — Utthita Hasta Pādāngusthāsana
foot & side, 14

B

C — Ardha Baddha Padmottānāsana
nose, 9

Utkatāsana
up,13

up

A — Virabhadrāsana
up & hand, 16

B

up

Jump through to seated

Paschimottānāsana
foot , 16

Pūrvottānāsana
nose, 15

Ardha Baddha Padma
Paschimottānāsana
foot , 22

Triang Mukhaikapāda
Paschimottānāsana
foot , 22

A — Jānu Śīrsāsana
foot, 22

B

C

A — Marīchyāsana
foot & nose, 22

B

C — Marīchyāsana
side, 18

D

Nāvāsana
nose, 13

up

Bhujapidāsana
nose, 15

Kūrmāsana – Supta Kūrmāsana
eyebrow center, 16

up

Garbha Pindāsana
nose, 15

rock & roll 9x

Kukkutāsana
nose, 15

Baddha Konāsana
nose, 15

A — Upavishta Konāsana
eyebrow center, 15

B

Supta Konāsana
nose , 16

Supta Pādāngusthāsana
foot & side, 28 vinyasa

chakrasana

Ubhayya
Padāngustāsana
nose, 15

Urdhva Mukha
Paschimottānāsana
foot , 16

Setu Bandhāsana
nose, 15

Ūrdhva Dhanurāsana
nose, 15

stand up/
drop back
3x

Paschimottānāsana
foot , 16

Sarvāngāsana
nose, 13

Halāsana
nose, 13

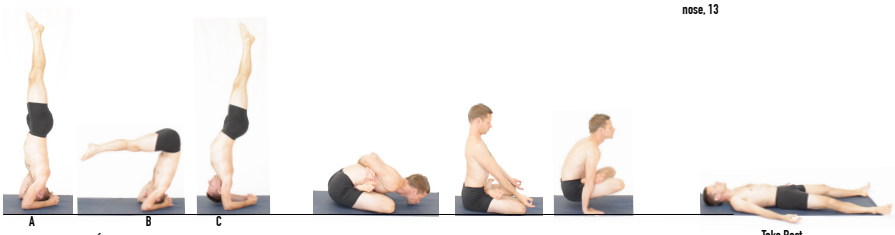
Karnapīdāsana
nose, 13

Ūrdhva
Padmāsana
nose, 13

Pindāsana
nose, 14

Matsyāsana
nose, 14

Uttāna Pādāsana
nose, 13



A — Śirsāsana
nose, 13

B

C

Yoga Mudra
eyebrow center, 16

Padmāsana
nose, 14

Uth Pluthi
foot , 16

Take Rest

Demonstration Adarsh Williams
www.smartstretch.com