



# ASHTANGA YOGA PRIMARY SERIES

## SURYA NAMASKAR A



## SURYA NAMASKAR B



## STANDING SEQUENCE



PADANGUSTHASANA PADAHASTASANA TRIKONASANA A B PARSVAKONASANA A B PRASARITA PADOTHANASANA C D PARSVOTANASANA A B C UTTHITA HASTA PADANGHUSTASANA ARDHA BADDHA PADMOTTANASANA UTKATASANA A B VIRABHADRASANA A B

## SEATED SEQUENCE



DANDASANA A B C PURVOTTANASANA ARDHA BADHA PADMA PASCHIMOTTANASANA TRIANGA MUKHA EKA PADA PASCHIMOTTANASANA A B JANU SIRSASANA A B C MARICHYASANA A B C D NAVASANA BUJAPIDASANA KURMASANA SUPTA KURMASANA A B GARBHA PINDASANA KUKKUTASANA BADDHAKONASNA A B C UPAVISTA KONASANA A B SUPTA KONASANA A B SUPTA PADANGHUSTASANA A B UBAYA PADANGHUSTASANA URDHVA MUKHA PASCHIMOTTASANA SETU BANDHASANA

## FINISHING SEQUENCE



URDHVA DHANURASANA PASCHIMOTTANASANA SALAMBA SARVANGASANA HALASANA KARNAPIDASANA URDHVA PADMASANA PINDASANA MATSYASANA UTTANA PADASANA SIRSASANA PADMASANA YOGA MUDRA UTTPLUTHI

