

Primary Series (Yoga Chikitsa)

For proper use:

- Vinyasas are numbered through from Samasthitih to Samasthitih, but only bold lines are practised.
- The breathing to the Vinyasa is showed as IN / EX. Every Vinyasa has one breath to lead and additional breaths printed in brackets.
- Above the Vinyasa count for a position the name of the Asana is given, with the number of Vinyasas from Samasthitih to Samasthitih, the number which represents the Asana, and the Dristi (= point of gaze).

Further explanations:
AshtangaYoga.info

UTTHITA HASTA PADANGUSTHASANA / UTTHITA PARVASAHITA

VINYASA: 14

ASANA: 2,4,7,9,11,14

DRISTI: PADHAYORAGRAI / PARVA

1 IN right leg up, take big toe



2 EX bend forward

**5BR UTTHITA HASTA
PADANGUSTHASANA A**



3 IN head up

4 EX leg to the right

5BR UTTHITA PARVASAHITA



5 IN leg to front

6 EX leg up to the forehead

7 IN hands to the waist

**5BR UTTHITA HASTA
PADANGUSTHASANA B**



(EX) leg down

8 IN left leg up, take big toe

9 EX bend forward

**5BR UTTHITA HASTA
PADANGUSTHASANA A**

10 IN head up

11 EX leg to the left

5BR UTTHITA PARVASAHITA

12 IN leg to front

13 EX leg up to the forehead

14 IN hands to the waist

**5BR UTTHITA HASTA
PADANGUSTHASANA B**

- EX Samasthitih

ARDHA BADDHA PADMOTTANASANA

VINYASA: 9

ASANA: 1,2,6,7

DRISTI: NASAGRAI

1 IN right leg up, bind

2 EX bend down

**5BR ARDHA BADDHA
PADMOTTANASANA**



3 IN head up

(EX) hold position

4 IN come up

5 EX Samasthitih

6 IN left leg up, bind,

7 EX bend down

**5BR ARDHA BADDHA
PADMOTTANASANA**

8 IN head up

(EX) hold position

9 IN come up

- EX Samasthitih

UTKATASANA

VINYASA: 13

ASANA: 7

DRISTI: URDHVA

1 IN hands up

2 EX Uttanasana

3 IN head up

4 EX Chaturanga Dandasana

5 IN Urdhva Mukha Svanasana

6 EX Adho Mukha Svanasana

7 IN jump

5BR UTKATASANA



(EX) hands to the floor

8 IN up



9 EX Chaturanga Dandasana

10 IN Urdhva Mukha Svanasana

11 EX Adho Mukha Svanasana

12 IN jump, head up

13 EX Uttanasana

- IN come up

(EX) Samasthitih

VIRABHADRASANA A,B

VINYASA: 16

ASANA: 7,8,9,10

DRISTI: URDHVA / HASTAGRAI

1 IN hands up

2 EX Uttanasana

3 IN head up

4 EX Chaturanga Dandasana

5 IN Urdhva Mukha Svanasana

6 EX Adho Mukha Svanasana

7 IN right foot front

5BR VIRABHADRASANA A



8 EX turn to left
5BR VIRABHADRASANA A

9 IN left foot front
5BR VIRABHADRASANA B



10 EX turn to right
5BR VIRABHADRASANA B
(IN) hold position
(EX) hands to the floor

11 IN up, left leg straight, right leg bent



12 EX Chaturanga Dandasana
13 IN Urdhva Mukha Svanasana
14 EX Adho Mukha Svanasana
15 IN jump, head up
16 EX Uttanasana

- IN come up
(EX) Samasthitih

PASCHIMATTANASANA A

VINYASA: 16
ASANA: 9

DRISTI: PADHAYORAGRAI

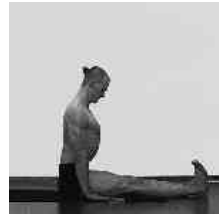
- 1 IN hands up
- 2 EX Uttanasana
- 3 IN head up
- 4 EX Chaturanga Dandasana
- 5 IN Urdhva Mukha Svanasana
- 6 EX Adho Mukha Svanasana



7 IN up



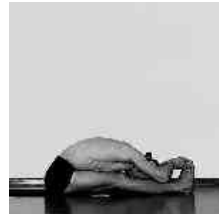
(EX) land, hands beside upper legs
5BR DANDASANA



8 IN take big toes, arms straight, head up

9 EX bend forward

5BR PASCHIMATTANASANA A



10 IN head up, arms straight

- (EX) hands to the floor
- 11 IN up
 - 12 EX Chaturanga Dandasana
 - 13 IN Urdhva Mukha Svanasana
 - 14 EX Adho Mukha Svanasana
 - 15 IN jump, head up
 - 16 EX Uttanasana
- IN come up
(EX) Samasthitih

PASCHIMATTANASANA B

VINYASA: 16
ASANA: 9

DRISTI: PADHAYORAGRAI

- 1 IN hands up
 - 2 EX Uttanasana
 - 3 IN head up
 - 4 EX Chaturanga Dandasana
 - 5 IN Urdhva Mukha Svanasana
 - 6 EX Adho Mukha Svanasana
 - 7 IN up
- (EX) land, hands beside upper legs
5BR DANDASANA

8 IN hands over toes, arms straight, head up

9 EX bend forward

5BR PASCHIMATTANASANA B



- 10 IN head up, arms straight
(EX) hands to the floor
- 11 IN up
- 12 EX Chaturanga Dandasana
- 13 IN Urdhva Mukha Svanasana
- 14 EX Adho Mukha Svanasana

- 15 IN jump, head up
 - 16 EX Uttanasana
- IN come up
(EX) Samasthitih

PASCHIMATTANASANA C

VINYASA: 16
ASANA: 9

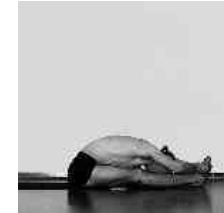
DRISTI: PADHAYORAGRAI

- 1 IN hands up
- 2 EX Uttanasana
- 3 IN head up
- 4 EX Chaturanga Dandasana
- 5 IN Urdhva Mukha Svanasana
- 6 EX Adho Mukha Svanasana
- 7 IN up
(EX) land, hands beside upper legs
5BR DANDASANA

8 IN grab around foot, arms straight, head up

9 EX bend forward

5BR PASCHIMATTANASANA C



- 10 IN head up, arms straight
(EX) hands to the floor
 - 11 IN up
 - 12 EX Chaturanga Dandasana
 - 13 IN Urdhva Mukha Svanasana
 - 14 EX Adho Mukha Svanasana
 - 15 IN jump, head up
 - 16 EX Uttanasana
- IN come up
(EX) Samasthitih

PASCHIMATTANASANA D

VINYASA: 16

ASANA: 9

DRISTI: PADHAYORAGRAI

- 1 IN hands up
 - 2 EX Uttanasana
 - 3 IN head up
 - 4 EX Chaturanga Dandasana
 - 5 IN Urdhva Mukha Svanasana
 - 6 EX Adho Mukha Svanasana
 - 7 IN up
(EX) land, hands beside upper legs
- 5BR DANDASANA

8 IN grab wrist around foot, arms straight, head up

9 EX bend forward

5BR PASCHIMATTANASANA D



**10 IN head up, arms straight
(EX) hands to the floor**



11 IN up



12 EX Chaturanga Dandasana



13 IN Urdhva Mukha Svanasana

14 EX Adho Mukha Svanasana

- 15 IN jump, head up
- 16 EX Uttanasana
- IN come up
(EX) Samasthitih

PURVATTANASANA

VINYASA: 15

ASANA: 8

DRISTI: NASAGRAI

- 1 IN hands up
- 2 EX Uttanasana
- 3 IN head up
- 4 EX Chaturanga Dandasana
- 5 IN Urdhva Mukha Svanasana
- 6 EX Adho Mukha Svanasana
- 7 IN up
(EX) Dandasana; hands back

8 IN lift hips up

5BR PURVATTANASANA



9 EX Dandasana

10 IN up

11 EX Chaturanga Dandasana

12 IN Urdhva Mukha Svanasana

13 EX Adho Mukha Svanasana

14 IN jump, head up

15 EX Uttanasana

- IN come up
(EX) Samasthitih

ARDHA BADDHA PADMA

PASHIMATTANASANA

VINYASA: 22

ASANA: 8,15

DRISTI: PADHAYORAGRAI

- 1 IN hands up
- 2 EX Uttanasana
- 3 IN head up
- 4 EX Chaturanga Dandasana
- 5 IN Urdhva Mukha Svanasana
- 6 EX Adho Mukha Svanasana
- 7 IN up
(EX) land, right leg in bound lotus
(IN) head up

8 EX bend forward

5BR ARDHA BADDHA PADMA

PASHIMATTANASANA



9 IN head up

(EX) hands to the floor

10 IN up

11 EX Chaturanga Dandasana

12 IN Urdhva Mukha Svanasana

13 EX Adho Mukha Svanasana

14 IN up

(EX) land, left leg in bound lotus

(IN) head up

15 EX bend forward

5BR ARDHA BADDHA PADMA

PASHIMATTANASANA

16 IN head up

(EX) hands to the floor

17 IN up

18 EX Chaturanga Dandasana

19 IN Urdhva Mukha Svanasana

20 EX Adho Mukha Svanasana

21 IN jump, head up

22 EX Uttanasana

- IN come up
(EX) Samasthitih

TRIANG MUKHA EKA PADA

PASHIMATTANASANA

VINYASA: 22

ASANA: 8,15

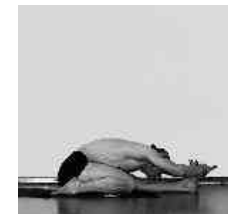
DRISTI: PADHAYORAGRAI

- 1 IN hands up
- 2 EX Uttanasana
- 3 IN head up
- 4 EX Chaturanga Dandasana
- 5 IN Urdhva Mukha Svanasana
- 6 EX Adho Mukha Svanasana
- 7 IN jump
(EX) land, right leg beside hip
(IN) head up

8 EX bend forward

5BR TRIANG MUKHA EKA PADA

PASHIMATTANASANA



9 IN head up

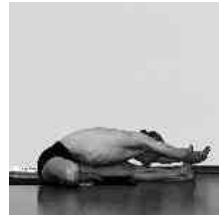
(EX) hands to the floor

- 10 IN up
 11 EX Chaturanga Dandasana
 12 IN Urdhva Mukha Svanasana
 13 EX Adho Mukha Svanasana
 14 IN jump
 (EX) land, left leg beside hip
 (IN) head up
 15 EX bend forward
 5BR TRIANG MUKHA EKA PADA
PASHIMATTANASANA
 16 IN head up
 (EX) hands to the floor
 17 IN up
 18 EX Chaturanga Dandasana
 19 IN Urdhva Mukha Svanasana
 20 EX Adho Mukha Svanasana
 21 IN jump, head up
 22 EX Uttanasana
 - IN come up
 (EX) Samasthitih

JANU SIRSASANA A

VINYASA: 22
 ASANA: 8,15
 DRISTI: PADHAYORAGRAI

- 1 IN hands up
 2 EX Uttanasana
 3 IN head up
 4 EX Chaturanga Dandasana
 5 IN Urdhva Mukha Svanasana
 6 EX Adho Mukha Svanasana
 7 IN jump
 (EX) land, right leg bent
 (IN) head up
 8 EX bend forward
 5BR JANU SIRSASANA A




- 9 IN head up
 (EX) hands to the floor
 10 IN up
 11 EX Chaturanga Dandasana
 12 IN Urdhva Mukha Svanasana
 13 EX Adho Mukha Svanasana
 14 IN jump
 (EX) land, left leg bent
 (IN) head up
 15 EX bend forward
 5BR JANU SIRSASANA A
 16 IN head up
 (EX) hands to the floor
 17 IN up
 18 EX Chaturanga Dandasana
 19 IN Urdhva Mukha Svanasana
 20 EX Adho Mukha Svanasana
 21 IN jump, head up
 22 EX Uttanasana
 - IN come up
 (EX) Samasthitih

JANU SIRSASANA B

VINYASA: 22
 ASANA: 8,15
 DRISTI: PADHAYORAGRAI


- 1 IN hands up
 2 EX Uttanasana
 3 IN head up
 4 EX Chaturanga Dandasana
 5 IN Urdhva Mukha Svanasana
 6 EX Adho Mukha Svanasana

- 7 IN jump
 (EX) land, right leg bent
 (IN) head up
 8 EX bend forward
 5BR JANU SIRSASANA B

 9 IN head up
 (EX) hands to the floor
 10 IN up
 11 EX Chaturanga Dandasana
 12 IN Urdhva Mukha Svanasana
 13 EX Adho Mukha Svanasana
 14 IN jump
 (EX) land, left leg bent
 (IN) head up
 15 EX bend forward
 5BR JANU SIRSASANA B
 16 IN head up
 (EX) hands to the floor
 17 IN up
 18 EX Chaturanga Dandasana
 19 IN Urdhva Mukha Svanasana
 20 EX Adho Mukha Svanasana
 21 IN jump, head up
 22 EX Uttanasana
 - IN come up
 (EX) Samasthitih

JANU SIRSASANA C

VINYASA: 22
 ASANA: 8,15
 DRISTI: PADHAYORAGRAI

- 1 IN hands up
 2 EX Uttanasana

- 3 IN head up
 4 EX Chaturanga Dandasana
 5 IN Urdhva Mukha Svanasana
 6 EX Adho Mukha Svanasana
 7 IN jump
 (EX) land, right leg bent
 (IN) head up
 8 EX bend forward
 5BR JANU SIRSASANA C

 9 IN head up
 (EX) hands to the floor
 10 IN up
 11 EX Chaturanga Dandasana
 12 IN Urdhva Mukha Svanasana
 13 EX Adho Mukha Svanasana
 14 IN jump
 (EX) land, left leg bent
 (IN) head up
 15 EX bend forward
 5BR JANU SIRSASANA C
 16 IN head up
 (EX) hands to the floor
 17 IN up
 18 EX Chaturanga Dandasana
 19 IN Urdhva Mukha Svanasana
 20 EX Adho Mukha Svanasana
 21 IN jump, head up
 22 EX Uttanasana
 - IN come up
 (EX) Samasthitih

MARICHYASANA A

VINYASA: 22

ASANA: 8,15

DRISTI: PADHAYORAGRAI

- 1 IN hands up
- 2 EX Uttanasana
- 3 IN head up
- 4 EX Chaturanga Dandasana
- 5 IN Urdhva Mukha Svanasana
- 6 EX Adho Mukha Svanasana

- 7 IN jump
(EX) land, right leg bent
(IN) head up
- 8 EX bend forward
5BR MARICHYASANA A



- 9 IN head up
(EX) hands to the floor
- 10 IN up
- 11 EX Chaturanga Dandasana
- 12 IN Urdhva Mukha Svanasana
- 13 EX Adho Mukha Svanasana
- 14 IN jump
(EX) land, left leg bent
(IN) head up
- 15 EX bend forward
5BR MARICHYASANA A
- 16 IN head up
(EX) hands to the floor
- 17 IN up
- 18 EX Chaturanga Dandasana
- 19 IN Urdhva Mukha Svanasana
- 20 EX Adho Mukha Svanasana
- 21 IN jump, head up
- 22 EX Uttanasana

- IN come up
- (EX) Samasthitih

MARICHYASANA B

VINYASA: 22

ASANA: 8,15

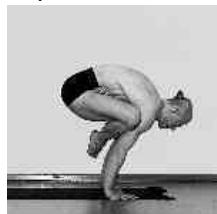
DRISTI: PADHAYORAGRAI

- 1 IN hands up
- 2 EX Uttanasana
- 3 IN head up
- 4 EX Chaturanga Dandasana
- 5 IN Urdhva Mukha Svanasana
- 6 EX Adho Mukha Svanasana

- 7 IN jump
(EX) land, right leg bent, left leg in lotus
(IN) head up
- 8 EX bend forward
5BR MARICHYASANA B



- 9 IN head up
(EX) hands to the floor
- 10 IN up



- 11 EX Chaturanga Dandasana
- 12 IN Urdhva Mukha Svanasana
- 13 EX Adho Mukha Svanasana
- 14 IN jump
(EX) land, left leg bent, right leg in lotus

(IN) head up

- 15 EX bend forward
5BR MARICHYASANA B
- 16 IN head up
(EX) hands to the floor
- 17 IN up
- 18 EX Chaturanga Dandasana
- 19 IN Urdhva Mukha Svanasana
- 20 EX Adho Mukha Svanasana
- 21 IN jump, head up
- 22 EX Uttanasana
- IN come up
(EX) Samasthitih

MARICHYASANA C

VINYASA: 18

ASANA: 7,12

DRISTI: PAROVA

- 1 IN hands up
- 2 EX Uttanasana
- 3 IN head up
- 4 EX Chaturanga Dandasana
- 5 IN Urdhva Mukha Svanasana
- 6 EX Adho Mukha Svanasana
- 7 IN up
(EX) land, right leg bent
(IN) turn right
5BR MARICHYASANA C



- (EX) hands to the floor,
- 8 IN up
 - 9 EX Chaturanga Dandasana
 - 10 IN Urdhva Mukha Svanasana

- 11 EX Adho Mukha Svanasana
- 12 IN up
(EX) land, left leg bent
(IN) turn left
5BR MARICHYASANA C
(EX) hands to the floor
- 13 IN Up
- 14 EX Chaturanga Dandasana
- 15 IN Urdhva Mukha Svanasana
- 16 EX Adho Mukha Svanasana
- 17 IN Jump, Head up
- 18 EX Uttanasana
- IN come up
(EX) Samasthitih

MARICHYASANA D

VINYASA: 18

ASANA: 7,12

DRISTI: PAROVA

- 1 IN hands up
- 2 EX Uttanasana
- 3 IN head up
- 4 EX Chaturanga Dandasana
- 5 IN Urdhva Mukha Svanasana
- 6 EX Adho Mukha Svanasana
- 7 IN up
(EX) land, right leg bent, left leg in lotus
(IN) turn right
5BR MARICHYASANA D



- (EX) hands to the floor
- 8 IN up
 - 9 EX Chaturanga Dandasana

- 10 IN Urdhva Mukha Svanasana
- 11 EX Adho Mukha Svanasana
- 12 (IN) up
(EX) land, left leg bent, left leg in lotus
(IN) turn left
- 5BR MARICHYASANA D
(EX) hands to the floor
- 13 IN Up
- 14 EX Chaturanga Dandasana
- 15 IN Urdhva Mukha Svanasana
- 16 EX Adho Mukha Svanasana
- 17 IN Jump, Head up
- 18 EX Uttanasana
- IN come up
(EX) Samasthitih



- 9 EX Chaturanga Dandasana
- 10 IN Urdhva Mukha Svanasana
- 11 EX Adho Mukha Svanasana
- 12 IN jump, head up
- 13 EX Uttanasana
- IN come up
(EX) Samasthitih

BHUJAPIDASANA

- VINYASA: 15
- ASANA: 7,8
- DRISTI: NASAGRAI
- 1 IN hands up
- 2 EX Uttanasana
- 3 IN head up
- 4 EX Chaturanga Dandasana
- 5 IN Urdhva Mukha Svanasana
- 6 EX Adho Mukha Svanasana
- 7 IN jump
(EX) lock the feet
(IN) head up

NAVASANA

VINYASA: 13

ASANA: 7

DRISTI: PADHAYORAGRAI

- 1 IN hands up
- 2 EX Uttanasana
- 3 IN head up
- 4 EX Chaturanga Dandasana
- 5 IN Urdhva Mukha Svanasana
- 6 EX Adho Mukha Svanasana
- 7 IN up
(EX) land | repeat 3 to 8 times
(IN) lift legs and arms |
5BR NAVASANA |



- (EX) hands to the floor |
- 8 IN up |



- 8 EX chin 1mm over ground
- 5BR BHUJAPIDASANA



- 9 IN come up again
(EX) hold
(IN) Tittibhasana
- 10 EX Bakasana
(IN) up
- 11 EX Chaturanga Dandasana
- 12 IN Urdhva Mukha Svanasana
- 13 EX Adho Mukha Svanasana
- 14 IN jump, head up
- 15 EX Uttanasana
- IN come up
(EX) Samasthitih

KURMASANA / SUPTA KURMASANA

VINYASA: 16

ASANA: 7,9

DRISTI: BROOMADHYA

- 1 IN hands up
- 2 EX Uttanasana
- 3 IN head up
- 4 EX Chaturanga Dandasana
- 5 IN Urdhva Mukha Svanasana
- 6 EX Adho Mukha Svanasana
- 7 IN Tittibhasana
(EX) go down

- (IN) heels up, arms straight
- 5BR KURMASANA



- (EX) hands beneath knees
- 8 IN Tittibhasana
(EX) left leg behind head
(IN) up
(EX) right leg behind head
(IN) up
- 9 EX lie down
- 5BR SUPTA KURMASANA



- (IN) hands beneath knees
- (EX) Dwi Pada Sirsasana



- 10 IN Tittibhasana



- 11 EX Bakasana



(IN) up

- 12 EX Chaturanga Dandasana
- 13 IN Urdhva Mukha Svanasana
- 14 EX Adho Mukha Svanasana
- 15 IN jump, head up
- 16 EX Uttanasana
- IN come up
- (EX) Samasthitih

GARBHA PINDASANA

VINYASA: 14

ASANA: 8

DRISTI: NASAGRAI

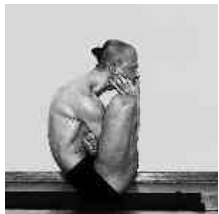
- 1 IN hands up
- 2 EX Uttanasana
- 3 IN head up
- 4 EX Chaturanga Dandasana
- 5 IN Urdhva Mukha Svanasana
- 6 EX Adho Mukha Svanasana
- 7 IN up

(EX) straight legs

(IN) Dandasana

- 8 EX hands through and to chin

5BR GARBHA PINDASANA



(IN) head up

- 9 EX hands to forehead, roll back

| Repeat 9 times



(IN) roll up | turn 360 * clockwise

(EX) arms out

- 10 IN up
- 11 EX Chaturanga Dandasana
- 12 IN Urdhva Mukha Svanasana
- 13 EX Adho Mukha Svanasana
- 14 IN jump, head up
- 15 EX Uttanasana
- IN come up
- (EX) Samasthitih

KUKKUTASANA

VINYASA: 15

ASANA: 9

DRISTI: NASAGRAI

- 1 IN hands up
- 2 EX Uttanasana
- 3 IN head up
- 4 EX Chaturanga Dandasana
- 5 IN Urdhva Mukha Svanasana
- 6 EX Adho Mukha Svanasana
- 7 IN up

(EX) straight legs

(IN) Dandasana

- 8 EX Padmasana

- 9 IN arms in, up

5BR KUKKUTASANA



(EX) arms out

- 10 IN up
- 11 EX Chaturanga Dandasana
- 12 IN Urdhva Mukha Svanasana
- 13 EX Adho Mukha Svanasana
- 14 IN jump, head up
- 15 EX Uttanasana
- IN come up
- (EX) Samasthitih

BADDHA KONASANA A / B

VINYASA: 17

ASANA: 8,10

DRISTI: NASAGRAI

- 1 IN hands up
- 2 EX Uttanasana
- 3 IN head up
- 4 EX Chaturanga Dandasana
- 5 IN Urdhva Mukha Svanasana
- 6 EX Adho Mukha Svanasana
- 7 IN up

(EX) fold legs

(IN) straight back

- 8 EX chin to ground

5BR BADDHA KONASANA A



- 9 IN come up

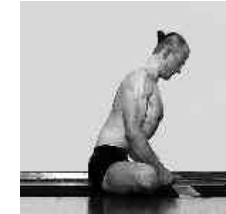
- 10 EX forehead to toes

5BR BADDHA KONASANA B



- 11 IN come up

5BR BADDHA KONASANA C



(EX) hands to the floor

- 12 IN up

- 13 EX Chaturanga Dandasana

- 14 IN Urdhva Mukha Svanasana

- 15 EX Adho Mukha Svanasana

- 16 IN jump, head up

- 17 EX Uttanasana

- IN come up

(EX) Samasthitih

UPAVISTHA KONASANA A / B

VINYASA: 15

ASANA: 8,9

DRISTI: NASAGRAI / URDHVA

- 1 IN hands up

- 2 EX Uttanasana

- 3 IN head up

- 4 EX Chaturanga Dandasana

- 5 IN Urdhva Mukha Svanasana

- 6 EX Adho Mukha Svanasana

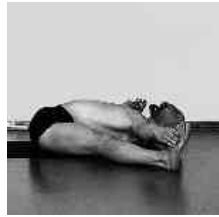
- 7 IN up

(EX) leg beside arms, grab feet

(IN) head up

- 8 EX fold down

5BR UPAVISTHA KONASANA A



- 9 IN head up, arms up
(EX) legs up, grab feet

- 10 IN head up

5BR UPAVISTHA KONASANA B



- (EX) hands to the floor, between the legs

- 11 IN up

- 12 EX Chaturanga Dandasana

- 13 IN Urdhva Mukha Svanasana

- 14 EX Adho Mukha Svanasana

- 15 IN jump, head up

- 16 EX Uttanasana

- IN come up

- (EX) Samasthitih

SUPTA KONASANA

VINYASA: 16

ASANA: 8

DRISTI: NASAGRAI

- 1 IN hands up

- 2 EX Uttanasana

- 3 IN head up

- 4 EX Chaturanga Dandasana

- 5 IN Urdhva Mukha Svanasana

- 6 EX Adho Mukha Svanasana

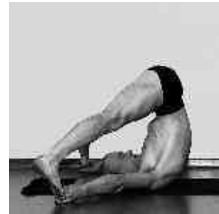
- 7 IN up

- (EX) lie down

- 8 IN legs up

- (EX) grab big toes

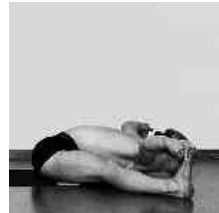
5BR SUPTA KONASANA



- 9 IN roll up



- (EX) touch down



- 10 IN head up

- (EX) hands to the floor, between the leg

- 11 IN up

- 12 EX Chaturanga Dandasana

- 13 IN Urdhva Mukha Svanasana

- 14 EX Adho Mukha Svanasana

- 15 IN jump, head up

- 16 EX Uttanasana

- IN come up

- (EX) Samasthitih

SUPTA PADANGUSTHASANA / SUPTA

PARSVASAHITA

VINYASA: 28

ASANA: 11,19

DRISTI: PARVA

- 1 IN hands up

- 2 EX Uttanasana

- 3 IN head up

- 4 EX Chaturanga Dandasana

- 5 IN Urdhva Mukha Svanasana

- 6 EX Adho Mukha Svanasana

- 7 IN up

- (EX) lie down

- 8 IN right leg up, head down

- 9 EX chin to shinbone

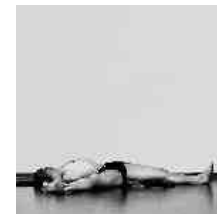
5BR SUPTA PADANGUSTHASANA



- 10 IN head down

- 11 EX leg to the right

5BR SUPTA PARSVASAHITA



- 12 IN right leg up, head down

- 13 EX SUPTA PADANGUSTHASANA

- 14 IN head down

- 15 EX lie down

- 16 IN left leg up, head down

- 17 EX chin to shinbone

5BR SUPTA PADANGUSTHASANA A

- 18 IN head down

- 19 EX leg to the left

5BR SUPTA PARSVASAHITA

- 20 IN left leg up, head down

- 21 EX SUPTA PADANGUSTHASANA A

- 22 IN head down

- 23 EX lie down

- 24 IN Chakrasana

- (EX) Chaturanga Dandasana

- 25 IN Urdhva Mukha Svanasana

- 26 EX Adho Mukha Svanasana

- 27 IN jump, head up

- 28 EX Uttanasana

- IN come up

- (EX) Samasthitih

UBHAYA PADANGUSTHASANA

VINYASA: 15

ASANA: 9

DRISTI: URDHVA

- 1 IN hands up

- 2 EX Uttanasana

- 3 IN head up

- 4 EX Chaturanga Dandasana

- 5 IN Urdhva Mukha Svanasana

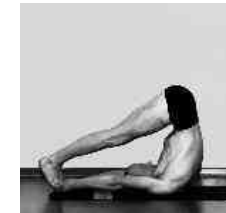
- 6 EX Adho Mukha Svanasana

- 7 IN up

- (EX) lie down

- 8 IN legs up

- (EX) grab big toes



- 9 IN roll up

5BR UBHAYA PADANGUSTHASANA



- (EX) hands to the ground

- 10 IN up
- 11 EX Chaturanga Dandasana
- 12 IN Urdhva Mukha Svanasana
- 13 EX Adho Mukha Svanasana A
- 14 IN jump, head up
- 15 EX Uttanasana
- IN come up
- (EX) Samasthitih

URDVA MUKHA PASCHIMATTANASANA

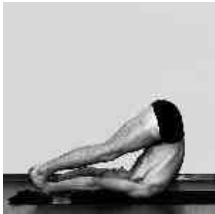
VINYASA: 17

ASANA: 10

DRISTI: PADHAYORAGRAI

- 1 IN hands up
- 2 EX Uttanasana
- 3 IN head up
- 4 EX Chaturanga Dandasana
- 5 IN Urdhva Mukha Svanasana
- 6 EX Adho Mukha Svanasana

- 7 IN up
- (EX) lie down
- 8 IN legs up
- (EX) grab foot



- 9 IN roll up
- 10 EX bend forward
- 5BR URDVA MUKHA PASCHIMATTANASANA



- 11 IN head up
- (EX) hands to the ground
- 12 IN up
- 13 EX Chaturanga Dandasana
- 14 IN Urdhva Mukha Svanasana
- 15 EX Adho Mukha Svanasana
- 16 IN jump, head up
- 17 EX Uttanasana
- IN come up
- (EX) Samasthitih

SETU BANDHASANA

VINYASA: 15

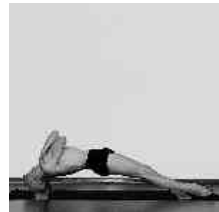
ASANA: 9

DRISTI: NASAGRAI

- 1 IN hands up
- 2 EX Uttanasana
- 3 IN head up
- 4 EX Chaturanga Dandasana
- 5 IN Urdhva Mukha Svanasana
- 6 EX Adho Mukha Svanasana

- 7 IN up
- (EX) lie down
- 8 IN lift legs and head
- (EX) prepare
- 9 IN lift up

5BR SETU BANDHASANA



- 10 EX lie down
- 11 IN Chakrasana
- (EX) Chaturanga Dandasana
- 12 IN Urdhva Mukha Svanasana
- 13 EX Adho Mukha Svanasana
- 14 IN jump, head up

- 15 EX Uttanasana
- IN come up
- (EX) Samasthitih

URDHVA DHANURASANA

VINYASA: 15

ASANA: 9

DRISTI: NASAGRAI

- 1 IN hands up
- 2 EX Uttanasana
- 3 IN head up
- 4 EX Chaturanga Dandasana
- 5 IN Urdhva Mukha Svanasana
- 6 EX Adho Mukha Svanasana

- 7 IN up
- (EX) lie down
- 8 IN lift legs and hands
- (EX) prepare | Repeat 3 times;
- 9 IN lift up | Each time hands

5BR URDHVA DHANURASANA
| nearer to feet



- 10 EX down
- 11 IN Chakrasana



- (EX) Chaturanga Dandasana
- 12 IN Urdhva Mukha Svanasana
- 13 EX Adho Mukha Svanasana
- 14 IN jump, head up

- 15 EX Uttanasana
- IN come up
- (EX) Samasthitih

PASCHIMATTANASANA

VINYASA: 16

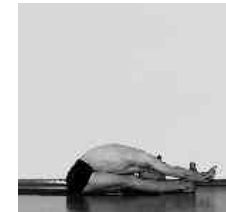
ASANA: 9

DRISTI: PADHAYORAGRAI

- 1 IN hands up
- 2 EX Uttanasana
- 3 IN head up
- 4 EX Chaturanga Dandasana
- 5 IN Urdhva Mukha Svanasana
- 6 EX Adho Mukha Svanasana

- 7 IN up
- (EX) Dandasana
- 8 IN take big toes, arms straight, head up
- 9 EX bend forward

5BR PASCHIMATTANASANA



- 10 IN head up, Arms straight
- (EX) hands to the floor

- 11 IN up
- 12 EX Chaturanga Dandasana
- 13 IN Urdhva Mukha Svanasana
- 14 EX Adho Mukha Svanasana
- 15 IN jump, head up
- 16 EX Uttanasana
- IN come up
- (EX) Samasthitih

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