

Ashtanga Yoga Primary Series

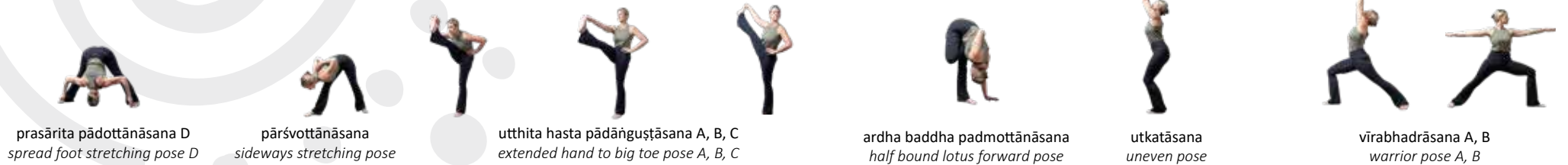
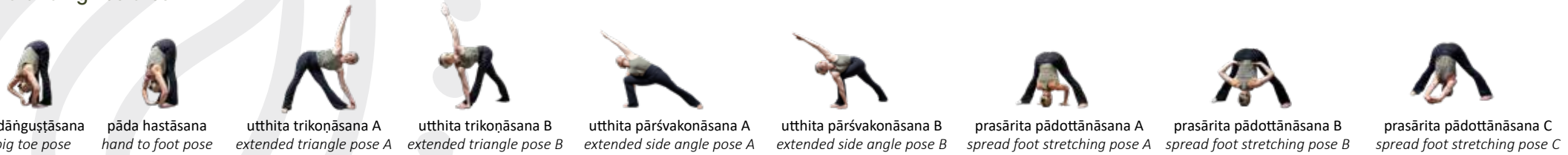
Sūryanamaskāra A



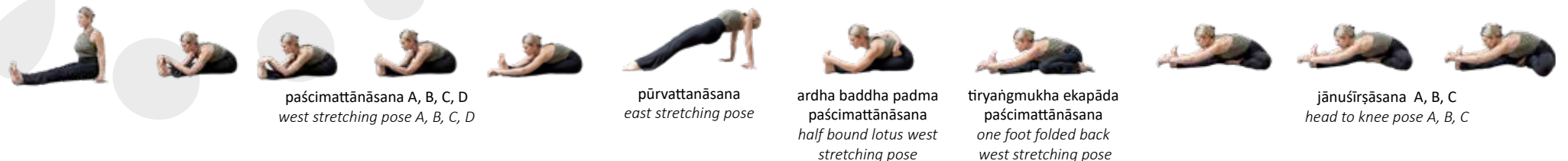
Sūryanamaskāra B



Standing Postures



Seated Postures



Ashtanga Yoga Primary Series



Seated Postures



maricāsana A, B, C, D
sage morici pose A, B, C, D



nāvāsana
boat pose



bhujapīḍāsana
arm pressure pose



kūrmasana
tortoise pose

supta kūrmasana
sleeping tortoise pose



garbha piṇḍāsana
embryo in the womb pose



kukkuṭāsana
rooster pose



baddha konāsana A, B
bound angle pose



upaviṣṭha konāsana A
seated angle pose A



upaviṣṭha konāsana B
seated angle pose B



supta konāsana
lying down angle pose



supta pādāṅguṣṭāsana A, B
lying down big toe pose A, B



ubhaya pādāṅguṣṭāsana
reclined big toe pose



ūrdhva mukha paścimattānāsana
upward facing west stretching pose



setu bandhāsana
bridge configuration pose



ūrdhva dhanurāsana
upward bow pose



Finishing Postures



salambā sarvāṅgāsana
supported all limbs pose



halāsana
plough pose



karṇa pīḍāsana
ear pressure pose



ūrdhva padmāsana
upward lotus pose



piṇḍāsana
embryo pose



matsyāsana
fish pose



uttāna pādāsana
extended foot pose



śīrṣāsana A, B
head standing pose A, B



baddha padmāsana
bound lotus pose



yoga mudrā
yoga gesture



padmāsana
lotus pose



utplutih
sprung up



In loving memory of
Paramaguru Sharath Jois