

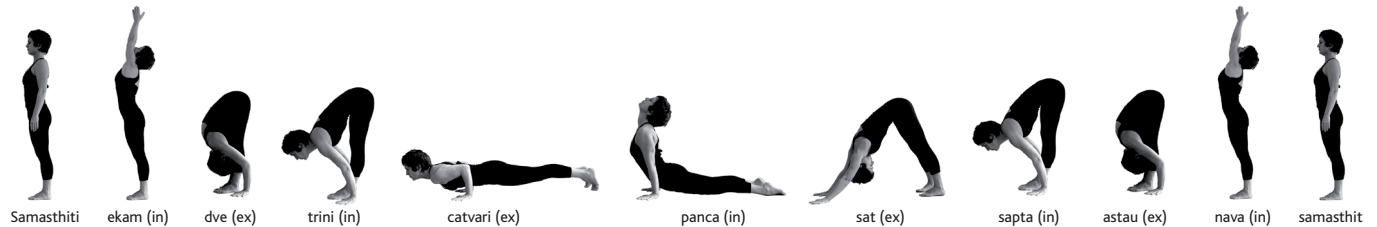
Ashtanga Yoga - The Asanas of the Primary Series

in the tradition of Sri K. Patthabi Jois

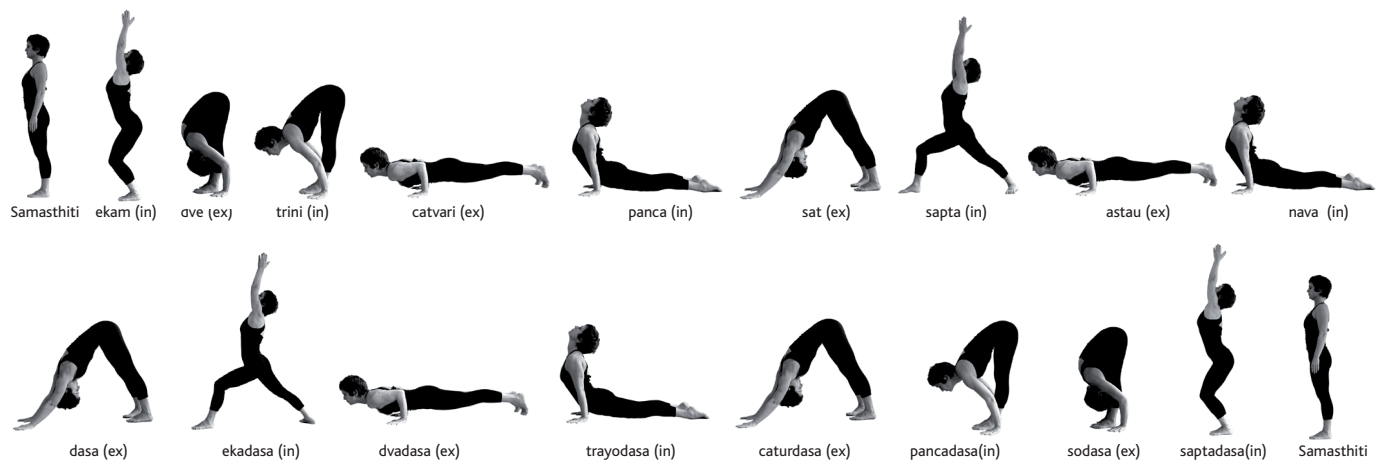
Om
Vande gurunaam chaaranara vinde /
Sandar shita swaatma sukhava bhode /
Nishrey yase jaangalika yamane /
Samsara haala hala moha shantye //

Abahu purusha karam /
Shankha chakraasi dharinam /
Sahasra shirasam shvetam /
Pranamaami patanjalin /
Om

Suryanamaskara A (9 Vinyasas)



Suryanamaskara B (17 vinyasas)



Standing Sequence:



From here you are going to start the Asanas of the Primary Series, each Asana is conjoined to the next with Vinyasa.

Vinyasa :



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Primary Series-Yoga Chikitsa



Dandasana



Paschimottasana A



B



C



Purvottasana



Ardha Baddha Padma



Triang Mukha-Eka-Pada



Janu Shirsasana A



B



C



Marichyasana A



B



C



D



Navasana



Bhujapidasana



Kurmasana



Supta Kurmasana



Garbha Pindasana



Kukkutasana



Badha Konasana A



B



Upavishta Konasana



Supta Konasana



Supta Padangusthasana



Ubhaya
Padangusthasana



Urdhva Mukha
Paschimottasana



Setu Bandhasana

Finishing Sequence:



Urdhva Dhanurasana



Paschimottasana



Salamba Sarvangasana



Halasana



Karnapidasana



Urdhva Padmasana



Pindasana



Mathsyasana



Uttana Padasana



Shirsasana



Balasana



Badha Padmasana



Yoga Mudra



Parvatasana



Chin Mudra



Utplutih



Savasana

Om

Svasti praja bhyaha

pari pala yantam

Nya yena margena mahi mahishaha

Go brahmanebhyaha shubamastu nityam

Lokah samastah sukhino bhavantu

Om shanti shanti shanti

Om

This chart is dedicated to my teachers Manju P. Jois and Nancy Gilgoff with greatfullness for their ongoing teaching and support.

Andrea Lutz, Ashtanga Studio Berlin



Ashtanga Studio Berlin