ASHTANGA YOGA PRIMARY SERIES

SURYANAMASKARA A (5x)

Samasthitih

SURYANAMASKARA B (3-5x)

FUNDAMENTAL ASANAS

Padangushthasana Padahastasana

Utthita Trikonasana A Utthita Trikonasana B

Utthita Parshvakonasana A Utthita Parshvakonasana B

Prasarita Padottanasana A

Prasarita Padottanasana B

Prasarita Padottanasana C

Prasarita Padottanasana D

Parshvottanasana

PRIMARY SERIES ASANAS

Utthita Hasta Padangushthasana

*

Ardha Baddha Padmottanasana

*

Utkatasana

*

Virabhadrasana

*

Dandasana

Pashchimattanasana A

Pashchimattanasana B (optional)

Pashchimattanasana C

*

Purvattanasana

*

Ardha Baddha Padma Pashchimattanasana

*

Triangmukhaikapada Paschimattanasana

*

Janu Shirshasana A

*

Janu Shirshasana B

*

Janu Shirshasana C

*

YOGA TEGERNSEE SHALA

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PRIMARY SERIES ASANAS CONTINUED

Marichasana A

*

Marichasana B

*

Marichasana C

*

Marichasana D

*

Navasana (5x)

*

Bhujapidasana

*

Kurmasana

Supta Kurmasana

*

Garbha Pindasana

Kukkutasana

*

Baddha Konasana

*

Upavishtha Konasana A

Upavishtha Konasana B

*

Supta Konasana

*

Supta Padangushthasana

*

Ubhaya Padangushthasana

*

Urdhva Mukha Paschimattanasana

*

Setu Bandhasana

*

Urdhva Dhanurasana (3-5x)

*

Pashchimattanasana

*

FINISHING ASANAS

Sarvangasana

Halasana

Karnapidasana

Urdhva Padasana

Pindasana

Matsyasana

Uttana Padasana

*

Shirshasana

*

Yoga Mudra

Padmasana

Utpluthih

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YOGA TEGERNSEE SHALA

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