

ASHTANGA VINYASA

Primary Series Reference Sheet



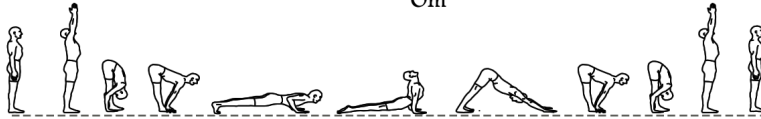
Vande Gurunam Charanaravinde
Sandarshita Svadma Sukhavabodhe
Nih Shreyase Jangalokayamane
Samsara Halahala Mohashantyai



City Yoga
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Abahu Purushakaram
Shankhachakrasi Dharinam
Sahasra Shirasam Shvetam
Pranamami Patanjalin
Om

Surya Namaskara A x 5

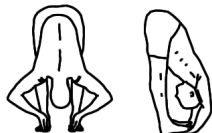


Surya Namaskara B x 5



Standing Sequence

Padangushtasana



Pada Hastasana

Utthita Trikonasana



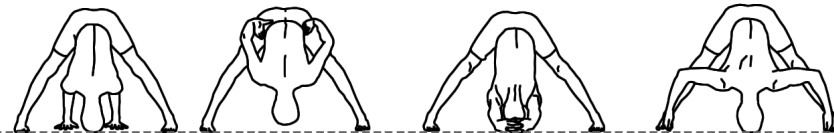
Parivrta Trikonasana

Utthita Parshvakonasana



Parivrta Parshvakonasana

Prasarita Padottanasana



A

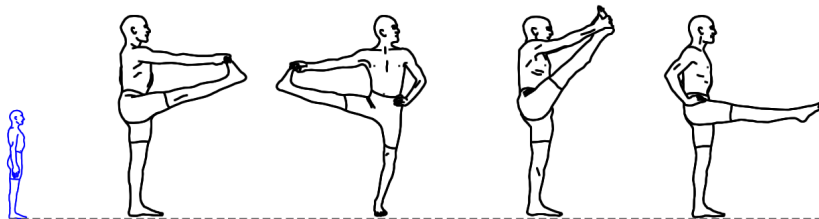
B

C

D

Parshvottanasana

Utthita Hasta Padangushtasana



A

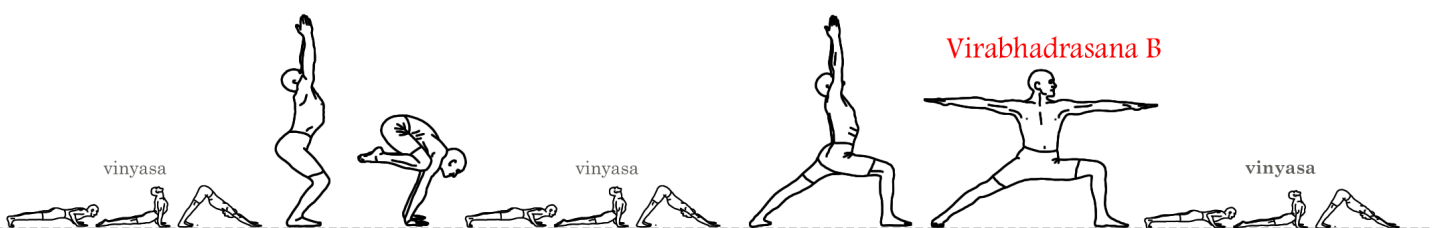
B

C

D

Ardha Badha Padmottanasana

Warrior Sequence



Utkatasana

Virabhadrasana A
right then left

Virabhadrasana B

left then right