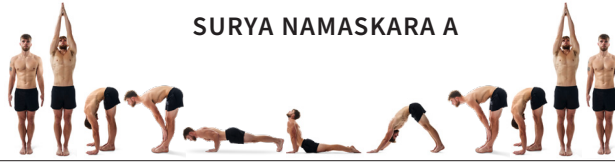


ASHTANGA PRIMARY SERIES

SURYA NAMASKARA A



SURYA NAMASKARA B



Right Leg forward

left Leg forward

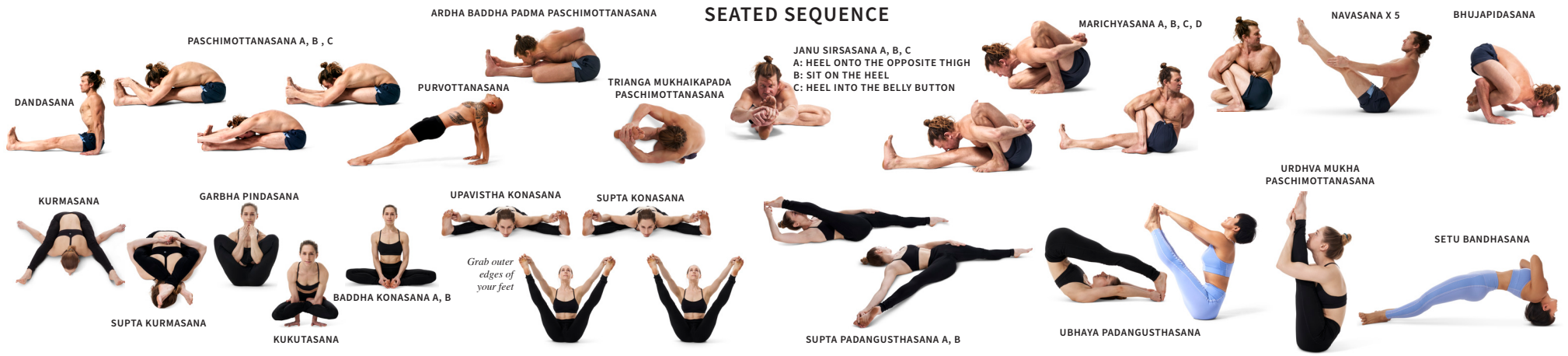
STANDING SEQUENCE

PADAHASTASANA



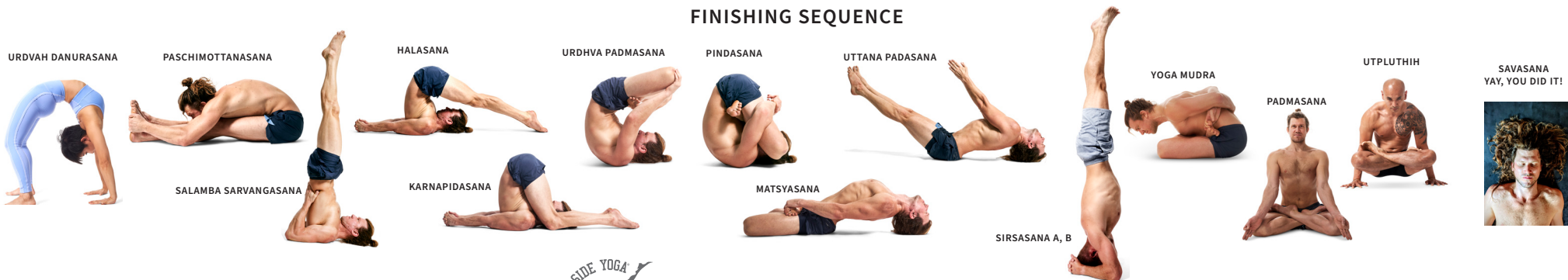
PADANGUSTHASANA TRIKONASANA PARIVRTTA TRIKONASANA PARSVAKONASANA PARIVRTTA PARSVAKONASANA PRASARITA PADOTTANASANA A, B, C, D PARSVOTTANASANA UTHITA HASTA PADANGUSTHASANA A, B, C ARDHA BADDHA PADMOTTANASANA UTKATASANA VIRABADHRASANA A, B

SEATED SEQUENCE



ARDHA BADDHA PADMA PASCHIMOTTANASANA PASCHIMOTTANASANA A, B, C PURVOTTANASANA JANU SIRSASANA A, B, C A: HEEL ONTO THE OPPOSITE THIGH B: SIT ON THE HEEL C: HEEL INTO THE BELLY BUTTON MARICHYASANA A, B, C, D NAVASANA X 5 BHUJAPIDASANA DANDASANA KURMASANA GARBHA PINDASANA UPAVISTHA KONASANA SUPTA KONASANA SUPTA PADANGUSTHASANA A, B UBHAYA PADANGUSTHASANA URDHVA MUKHA PASCHIMOTTANASANA SETU BANDHASANA

FINISHING SEQUENCE



URDVAH DANURASANA PASCHIMOTTANASANA HALASANA URDHVA PADMASANA PINDASANA UTTANA PADASANA YOGA MUDRA UTPLUTHI SAVASANA YAY, YOU DID IT! SALAMBA SARVANGASANA KARNAPIDASANA MATSYASANA SIRSASANA A, B

