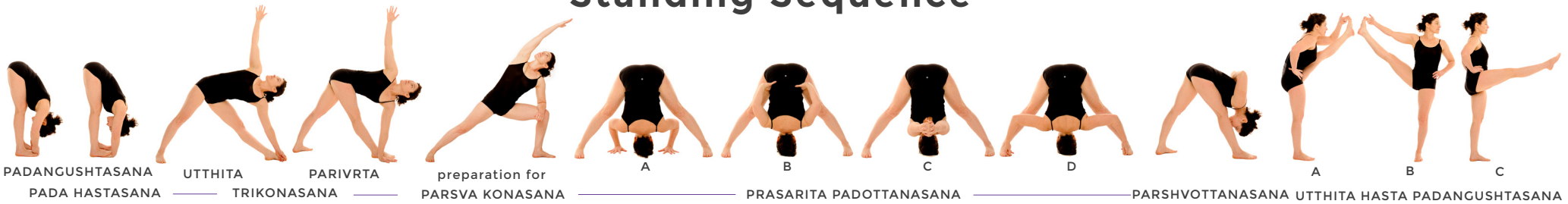
Ashtanga Yoga - Beginners Level 2

with Sarcha Thurston

www.perthashtangayoga.com.au

Standing Sequence



PADANGUSHTASANA
PADA HASTASANA

UTTHITA
TRIKONASANA

PARIVRTA

preparation for
PARSVA KONASANA

A B C D
PRASARITA PADOTTANASANA

PARSHVOTTANASANA

A B C
UTTHITA HASTA PADANGUSHTASANA



preparation for
ARDHA BADDHA
PADMOTTANASANA

UTKATASANA

right side A left side
left side B right side
VIRABHADRASANA

jump through to
DANDASANA

Seating Sequence



DANDASANA

A B
PASCHIMOTTANASANA

PURVOTTANASANA

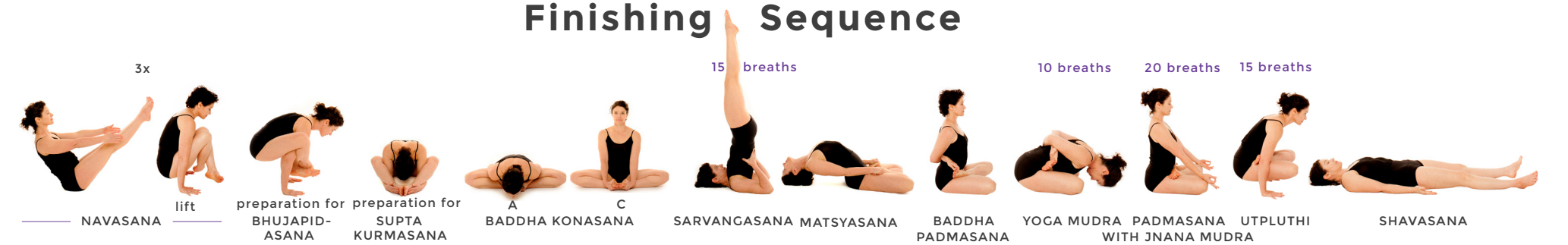
ARDHA BADDHA PADMA
PASHIMOTTANASANA

TRIANG MUKHA EKAPADA
PASHIMOTTANASANA

A B
JANUSHIRSHASANA

A C
MARICHYASANA

Finishing Sequence



3x

NAVASANA

lift

preparation for
BHUJAPID-
ASANA

preparation for
SUPTA
KURMASANA

A C
BADDHA KONASANA

15 breaths
SARVANGASANA

MATSYASANA

BADDHA
PADMASANA

10 breaths
YOGA MUDRA

20 breaths
PADMASANA
WITH JNANA MUDRA

15 breaths
UTPLUTHI

SHAVASANA