Ashtanga Yoga - Intermediete Series



with Sarcha Thurston

www.perthashtangayoga.com.au

Intermediate Series

Standing Sequence



From Ardha Baddha Padmottanasana



PASHASANA KROUNCHASANA



A B

SHALABHASANA



BHEKASANA



DHANURASANA



PARSHVA DHANURASANA



USHTRASANA



LAGHU-VAJRASANA



A B

KAPOTASANA

5 + 5 ↓↑ + 5



SUPTA VAJRASANA



A

jump in + land



B

BAKASANA



BHARADVAJASANA



ARDHA MATSYENDRASANA

(5) (5)



A



B

EKA-PADA SHIRSHASANA

(5) (5)



A



B

DVI-PADA SHIRSHASANA



YOGA-NIDRASANA

walk 5x →
walk 5x ←



A



B C

TITTIBHASANA



PINCHA MAYURASANA



KARANDAV-ASANA



MAYURASANA

jump 5x →
jump 5x ←



NAKRASANA



VATA-YANASANA



PARIGHASANA



A



B

GAMUKHASANA

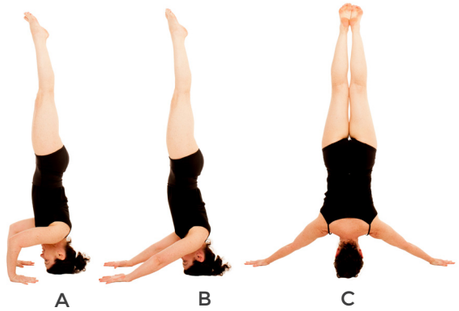


A



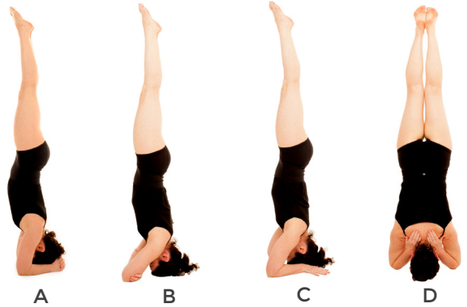
B

SUPTA URDVA PADA VAJRASANA



A B C

MUKTA HASTA SHIRSHASANA



A B C D

BADDHA HASTA SHIRSHASANA

Finishing Sequence