Ashtanga Yoga - Primary Series

with Sarcha Thurston

www.perthashtangayoga.com.au

Standing Sequence

Surya Namaskara A

5x

Surya Namaskara B

5x



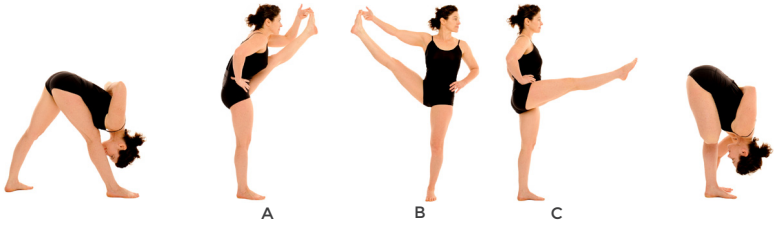
PADANGUSHTASANA — UTTHITA PARIVRTA — UTTHITA PARIVRTA

PADA HASTASANA — TRIKONASANA — PARSHVAKONASANA



A B C D

PRASARITA PADOTTANASANA



PARSHVOTTANASANA

A B C

UTTHITA HASTA PADANGUSHTASANA

ARDHA BADDHA PADMOTTANASANA



UTKATASANA



right side A left side — left side B right side

VIRABHADRASANA



jump through to DANDASANA

Seating Sequence



DANDASANA



A B C

PASHIMOTTANASANA



PURVOTTANASANA



ARDHA BADDHA PADMA PASHIMOTTANASANA



TRIANG MUKHA EKAPADA PASHIMOTTANASANA

point flex invert



A B C

JANUSHIRSHASANA

Seating Sequence cont..



A B C D — MARICHYASANA

5x

NAVASANA

BHUJAPIDASANA

KURMASANA

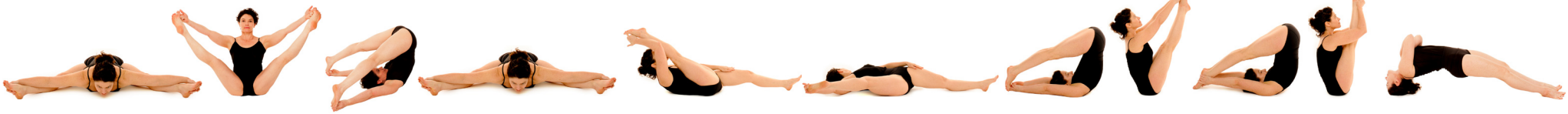
roll 9x

SUPTA KURMASANA

GARBHA PINDASANA

KUKKUT-ASANA

A B C — BADDHA KONASANA



UPAVISHTA KONASANA

SUPTA KONASANA

SUPTA PADANGUSHTASANA

UBHAYA PADANGUSHTASANA

URDHVA MUKHA PASHIMOTTANASANA

SETU BANDHASANA

Beckbending



URDHVA DHANURASANA

PASHIMOTTANASANA

Finishing Sequence



SARVANGASANA

HALASANA

KARNAPIDASANA

URDHVA PADMASANA

PINDASANA

MATSYASANA

UTTANA PADASANA



lift off

SIRSASANA

BADDHA PADMASANA

YOGA MUDRA

PADMASANA WITH JNANA MUDRA

UTPLUTHI

SHAVASANA