



CONTEMPLATIVE SCIENCES CENTER
UNIVERSITY of VIRGINIA

ASHTANGA YOGA PRIMARY SERIES

Sūrya Namaskāra



Sūrya Namaskāra A (5 times)

◊ - Return to Samasthitih



Sūrya Namaskāra B (3 times)

Opening Asanas



Pādānguṣṭhāsana



Pāda Hastāsana



Utthita Trikoṇāsana A and B



Utthita Pārsvakoṇāsana A and B



Prasārita Pādottānāsana A, B, C, D



Pārsvottānāsana

Primary Series Asanas



Utthita Hasta Pādānguṣṭhāsana



Ardha Baddha Pādottānāsana



Utkaṭāsana



Vīrabhadrāsana A and B



Paścimattānāsana A and D



Pūrvattānāsana



Ardha Baddha Padma Paścimattānāsana



Triyaṅgamukhaikapāda Paścimatānāsana

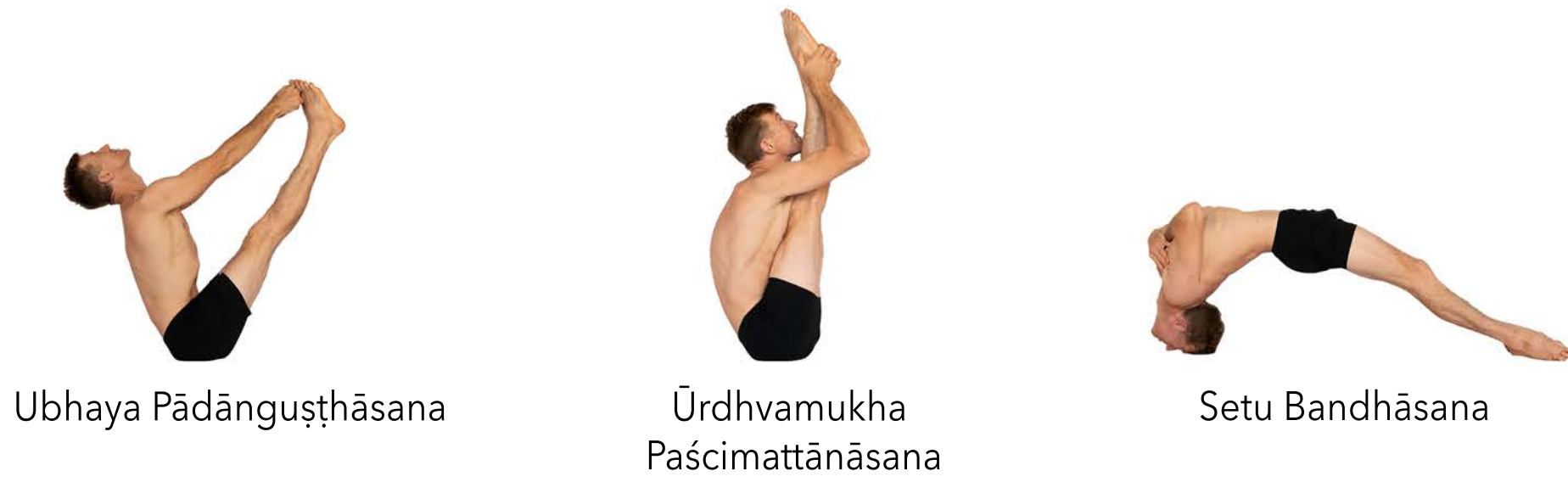


Jānu Śīrṣāsana A, B, and C



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To learn more, please seek out a qualified Ashtanga yoga teacher.



Backbending Sequence



Closing Sequence Asanas

