



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



Pādāṅguṣṭhāsana



Pāda Hastāsana



Utthita Trikoṇāsana A and B



Utthita Pārśvakonāsana A and B



Pārśvottānāsana



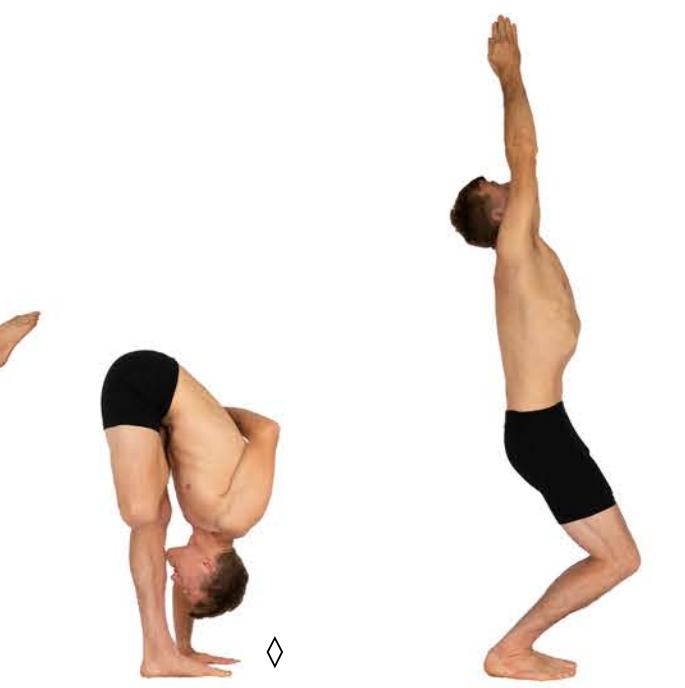
Prasārita Pādottānāsana A, B, C, D



Primary Series Asanas



Uttita Hasta Pādāṅguṣṭhāsana



Ardha Baddha Padmottānāsana



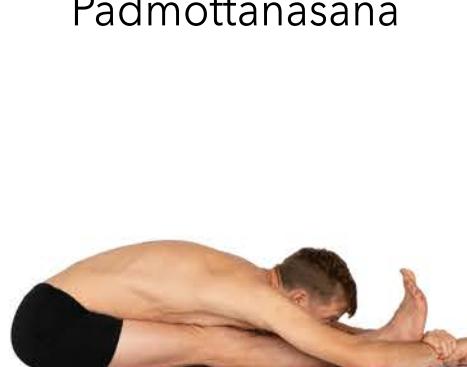
Utkatāsana



Vīrabhadrāsana A and B



Paścimattānāsana A and D



Pūrvattānāsana



Ardha Baddha Padma Paścimattānāsana



Triyāngamukhaikapāda Paścimatānāsana



Jānu Śīrṣāsana A, B, and C

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



Maricāsana A, B, C and D



Nāvāsana



Bhujapīḍāsana



Kūrmāsana



Suptakūrmāsana



Garbha Piṇḍāsana



Kukkutāsana



Baddha Koṇāsana A and B



Upaviṣṭha Koṇāsana A and B



Supta Koṇāsana



Supta Pādāṅguṣṭhāsana



Ubhaya Pādāṅguṣṭhāsana



Ūrdhvamukha
Paścimattānāsana



Setu Bandhāsana

Backbending Sequence



Ūrdhva Dhanurāsana (3x)



Paścimattānāsana

Closing Sequence Asanas



Sālamba
Sarvāṅgāsana



Halāsana



Karṇa Pīḍāsana



Ūrdhva
Padmāsana



Piṇḍāsana



Matsyāsana



Uttāna Pādāsana



Śīrṣāsana A and B



Yoga Mudrā



Padmāsana



Utplutih



Take rest