



CONTEMPLATIVE SCIENCES CENTER
UNIVERSITY of VIRGINIA
ASHTANGA YOGA INTERMEDIATE SERIES

Sūrya Namaskāra



Sūrya Namaskāra A (5 times)

◊ - Return to Samasthiṭh



Sūrya Namaskāra B (3 times)

Opening Asanas



Pādānguṣṭhāsana

Pāda Hastāsana

Utthita Trikoṇāsana A and B

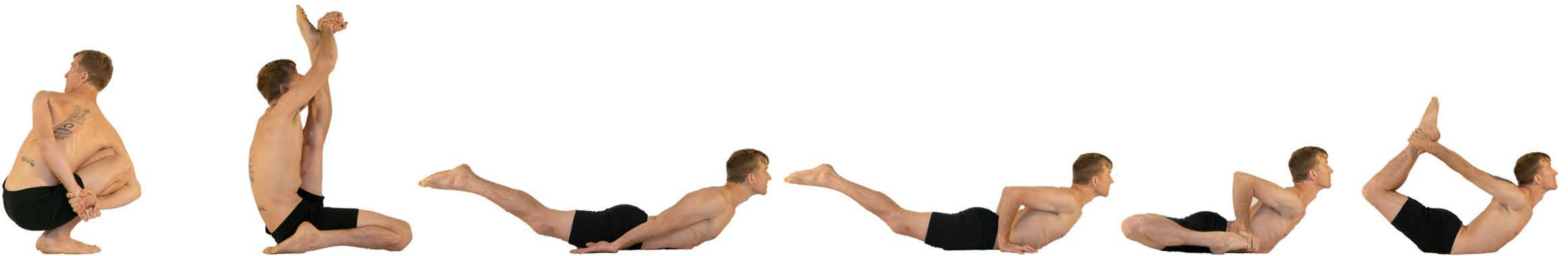
Utthita Pārsvakoṇāsana A and B



Prasārita Pādottānāsana A, B, C, D

Pārsvottānāsana

Intermediate Series Asanas



Pāsāsana

Krouncāsana

Śalabhāsana A and B

Bhekāsana

Dhanurāsana



Pārśva Dhanurāsana

Uṣṭrāsana

Laghu Vajrāsana

Kapotāsana A and B

Supta Vajrāsana

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



Bakāsana A and B



Bharadvājāsana



Ardha Matsyendrāsana



Eka Pāda Śīrṣāsana



Dvi Pāda Śīrṣāsana



Yoga Nidrāsana



Ṭīṭṭibhāsana A, B, and C



Piñcha Mayūrāsana



Kāraṇḍavāsana



Mayūrāsana



Nakrāsana



Vātāyanāsana



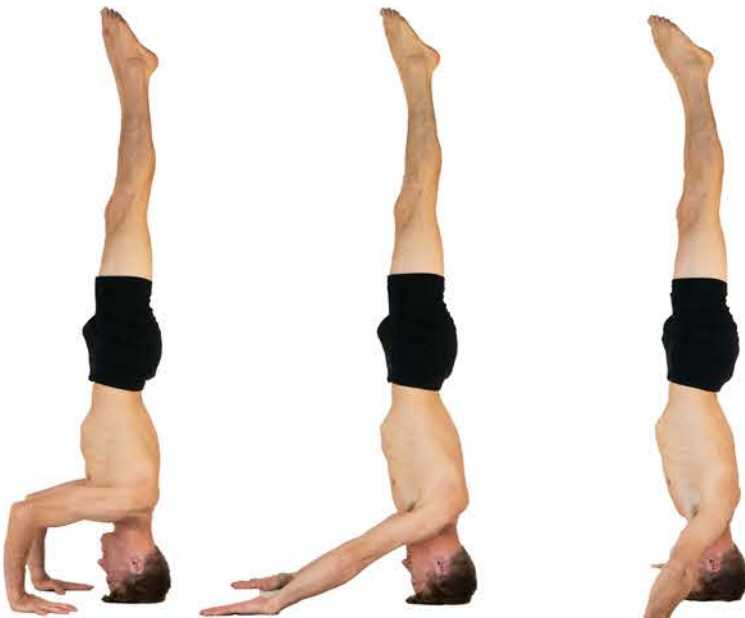
Parighāsana



Gomukhāsana A and B



Supta Ūrdhva Pāda Vajrāsana



Mukta Hasta Śīrṣāsana A, B, and C



Baddha Hasta Śīrṣāsana A, B, C, and D

Backbending Sequence



Ūrdhva Dhanurāsana (3x)



drop back (3x)



Paścimattānāsana

Closing Sequence Asanas



Sālamba Sarvāṅgāsana



Halāsana



Karṇa Piḍāsana



Ūrdhva Padmāsana



Piṅḍāsana



Matsyāsana



Uttāna Pādāsana



Śīrṣāsana A and B



Yoga Mudrā



Padmāsana



Utplutiḥ

Take rest