



CONTEMPLATIVE SCIENCES CENTER
UNIVERSITY of VIRGINIA

ASHTANGA YOGA ADVANCED A SERIES

Sūrya Namaskāra



Sūrya Namaskāra A (5 times)

◊ - Return to Samasthiḥ



Sūrya Namaskāra B (3 times)

Opening Asanas



Pādānguṣṭhāsana

Pāda Hastāsana

Utthita Trikoṇāsana A and B

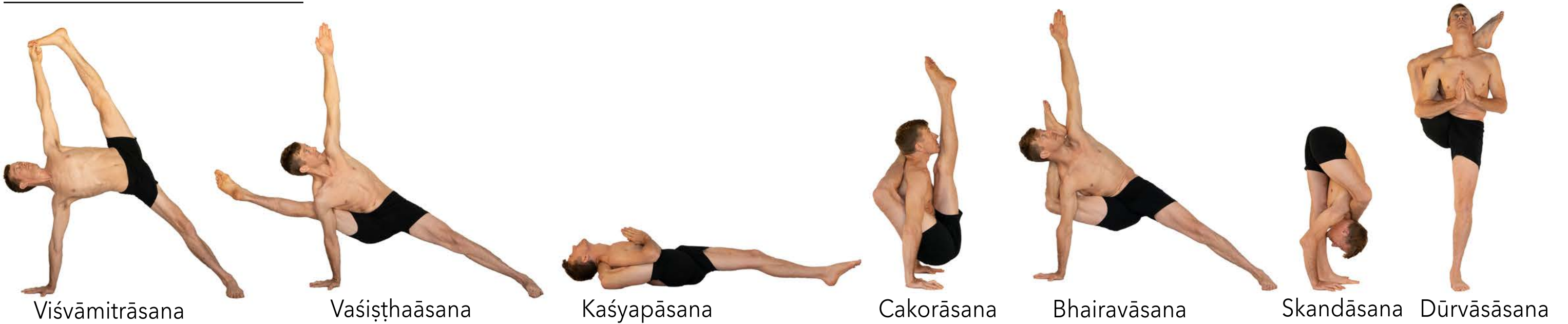
Utthita Pārsvakoṇāsana A and B



Prasārita Pādottānāsana A, B, C, D

Pārsvottānāsana

Advanced A Series Asanas



Viśvāmitrāsana

Vaśiṣṭhaāsana

Kaśyapāsana

Cakorāsana

Bhairavāsana

Skandāsana

Dūrvāsāsana



Ūrdhva Kukkuṭāsana
A, B, and C

Gālavāsana

Eka Pāda Bakāsana A and B

Kauṇḍīnyāsana A and B

Aṣṭāvkrāsana A and B

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



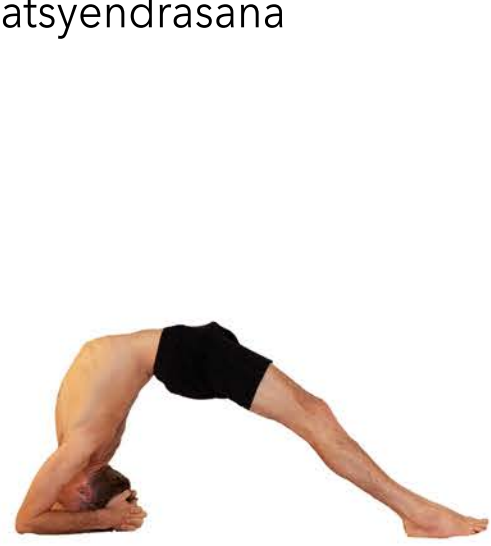
Pūrṇa
Matsyendrāsana



Virañcyāsana A



Virañcyāsana B



Viparīta Daṇḍāsana



Eka Pāda Viparīta
Daṇḍāsana



Viparīta Śalabhāsana A and B



Gaṇḍa
Bheruṇḍāsana



Hanumānāsana



Supta Trivikramāsana



Digāsana A and B



Trivikramāsana



Naṭarājāsana



Rāja Kapotāsana



Eka Pāda Rāja
Kapotāsana

Backbending Sequence



Ūrdhva Dhanurāsana (3x)



Viparīta Chakrāsana (3x)



Closing Sequence Asanas



Sālamba
Sarvāṅgāsana



Halāsana



Karṇa Piṇḍāsana



Ūrdhva
Padmāsana



Piṇḍāsana



Matsyāsana



Uttāna Pādāsana



Śiṛṣāsana A and B



Yoga Mudrā



Padmāsana



Utplutiḥ



Take rest