

ASHTANGA PRIMARY SEQUENCE POSE NAMES VINYASA AND DRSTI

	Sanskrit	English	Vinyasa	Drsti (State of pose)
Opening Sequence	Suryanamaskara A-B	Sun salutation	9/17	Navel
	Padangusthasana	Foot big toe	3	Navel
	Pada hastasana	Foot hand	3	Nose
	Utthita trikonasana A	Extended three angle	5	Hand
	Parivrtta trikonasana B	+revolved	5	Hand
	Utthita parsvakonasana A	Extended side angle	5	Hand
	Parivrtta parsvakonasana B	+revolved	5	Hand
	Prasarita padottanasana A-D	Spread out foot stretch	5	Nose
	Parsvottanasana	Side stretch	5	Foot
	Utthita hasta padangusthasana	Extended hand big toe	14	Foot/Side
	Ardha baddha padmottanasana	Half bound lotus foot stretch	9	Foot
	Utkatasana	Intense	13	Thumbs
	Virabhadrasana A&B	Shiva's general	16	Thumbs/Side
	Dandasana	Staff	16	Nose
Seated sequence	Pascimattanasana A-D (A+1)	Western intense stretch	16	Foot
	Purvattanasana	Eastern intense stretch	15	Nose
	Ardha baddha padma pascimattanasana	Half bound lotus west intense	22	Foot
	Tiryangmukha ekapada pascimattanasana	Three limbs face one foot west intense stretch	22	Foot
	Janusirsasana A-C	Knee head	22	Foot
	Maricasana A-B	Sage son of Brahma	22	A=Foot/B=Nose
	Maricasana C-D	Sage son of Brahma	18	Side (Rear)
	Navasana	Boat	13	Foot
	Bhujapidasana	Arm pressure	15	Nose
	Kurmasana	Tortoise	14	Nose
	Supta kurmasana	Sleeping Tortoise	16	Nose
	Garbha pindasana	Womb embryo	16	Nose
	Kukkutasana	Rooster	15	Nose
	Baddha konasana A & B	Bound angle	17	Nose
	Upavistha konasana A&B	Seated angle	15	A=Nose/B=Up
	Supta konasana	Sleeping angle	16	Nose
	Supta padangusthanana	Sleeping big toe	28	Foot/Side
	Ubhaya padangusthasana	Both big toe	15	Up
	Urdhva mukha pascimattanasana	Upwards west facing	17	Foot
	Setu bandhasana	Bound bridge	15	Nose
	Urdhva dhanurasana	Upward bow	15	Nose
	Pascimattanasana	Western intense stretch	16	Foot
	Salamba sarvangasana	Supported all body	13	Nose
Closing sequence	Halasana	Plough	13	Nose
	Karna pidasana	Ear pressure	13	Nose
	Urdhva padmasana	Upwards lotus	14	Nose
	Pindasana	Embryo	14	Nose
	Matsyasana	Fish	13	Nose
	Uttana padasana	Intense stretch foot	13	Nose
	Sirsasana A & B	Head	13	Nose
	Baddha padmasana	Bound lotus	16	Nose
	Yoga mudra	Yoga seal	16	Nose
	Padmasana	Lotus	16	Nose
	Utpluthih	Sprung up	16	Nose
	Lie down	Take rest	-	-