

Ashtanga Yoga Mantra

~

Om

vande gurunam caranaravinde
sandarshita svatma sukha va bodhe
nih sreyase jangalika yamane
samsara halahala mohasahantyai

abahu purushakaram
shankacakrasi dharinam
sahasra shirasam svetam
pranamami Patanjalinam

Om

~

~

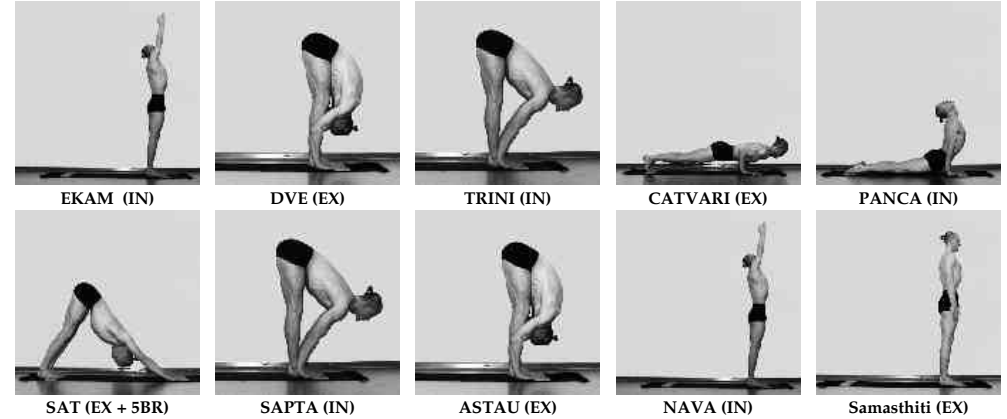
I pray to the lotus feet

*of the supreme Guru
who teaches the good knowledge,
showing the way
to knowing the selfawakening great happiness;
who is the doctor of the jungle,
able to remove the poison
of the ignorance of conditioned existence.*

*To Patanjali, an incarnation of Adisesa,
white in color with 1000 radiant heads
(in his form as the divine serpent, Ananta),
human in form below the shoulders
holding a sword
(discrimination),
a wheel of fire
(discus of light, representing infinite time),
and a conch
(divine sound)
- to him, I prostrate.*

~

Surya Namaskara A – repeat 5 times

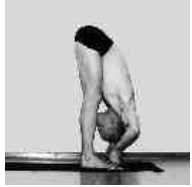


Surya Namaskara B – repeat 5 times



Aṣṭanga Yoga

Fundamental Asana



Padangusthasana



Pada Hastasana



Utthita & Parivritta Trikonasana



Utthita & Parivritta



Parsvakonasana



Prasarita Padottanasana A, B, C & D



Parsvottanasana

Yoga Chikitsa (Primary Series / 1st Series) – the starting



Utkaṭasana



Vinyasa Exit



Virabhadraṣana A & B



Vinyasa Exit



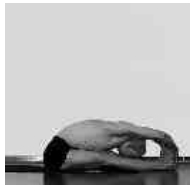
Vinyasa Entry (IN,EX,IN)



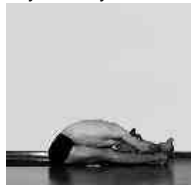
Dandāṣana



Paścimottanāṣana A



Paścimottanāṣana B



Paścimottanāṣana C



Paścimottanāṣana D



Vinyasa Exit



Pūrvottanāṣana

Aṣṭanga Yoga

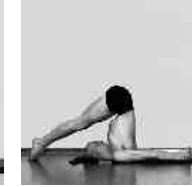
Finishing Positions



Salamba Sarvangasana



Halasana



Karna Piḍāṣana



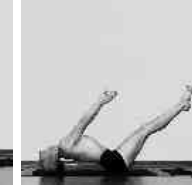
Ūrdhva Padmasana



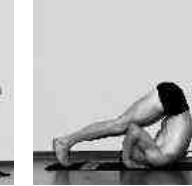
Piṇḍāṣana



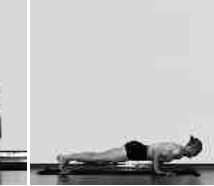
Mathsyasana



Uttana Padasana



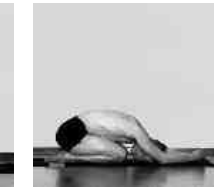
Cakrāṣana



Śīrṣāṣana A & B



Ūrdhva Dandāṣana



Balasana



Baddha Padmasana



Yoga Mudra



Padmasana



Utpluthee



Shavasana

Mangala Mantra

Om

Svasti praja bhyaha pari pala yantam

Nya yena margena mahi mahishaha

Go brahmanebhyaha shubamastu nityam

Lokah samastah sukhino bhavantu

Om

shanti shanti shanti

Let prosperity be glorified -

let rulers, (administrators) rule the world with law and justice

let divinity and erudition be protected

let all beings be happy and prosperous.