Primary Series
(Yoga Chikitsa)

For proper use:

- Vinyasas are numbered through from Samasthitih to Samasthitih, but only bold lines are practised.
- The breathing to the Vinyasa is showed as IN / EX. Every Vinyasa has one breath to lead and additional breaths printed in brackets.
- Above the Vinyasa count for a position the name of the Asana is given, with the number of Vinyasas from Samasthitih to Samasthitih, the number which represents the Asana, and the Dristi (= point of gaze).

Further explanations:
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**UTTHITA HASTA PADANGUSTHASANA / UTTHITA PARSVASAHITA**
VINYASA: 14
ASANA: 2,4,7,9,11,14
DRISTI: PADHAYORAGRAI / PARSVA
1 IN right leg up, take big toe
2 EX bend forward
5BR UTTHITA HASTA PADANGUSTHASANA A

**PADANGUSTHASANA B**
10 IN head up
11 EX leg to the left
5BR UTTHITA PARSVASAHITA
12 IN leg to front
13 EX leg up to the forehead
14 IN hands to the waist
5BR UTTHITA HASTA

**PADANGUSTHASANA B**
15 IN hands to the floor
16 EX bend down
5BR ARDA BADDHA
PADMOTTANASANA

**ARDHA BADDHA PADMOTTANASANA**
VINYASA: 9
ASANA: 1,2,6,7
DRISTI: NASAGRAI

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8 EX turn to left
5BR VIRABHADRASANA A
9 IN left foot front
5BR VIRABHADRASANA B
10 EX turn to right
5BR VIRABHADRASANA B
(IN) hold position
(EX) hands to the floor
11 IN up, left leg straight, right leg bent
5BR DANDASANA

7 IN up

12 EX Chaturanga Dandasana
13 IN Urdhva Mukha Svanasana
14 EX Adho Mukha Svanasana
15 IN jump, head up
16 EX Uttanasana
- IN come up
(EX) Samasthithi

5BR PASCHIMATTANASANA A
VINYASA: 16
ASANA: 9

10 IN head, arms straight

5BR PASCHIMATTANASANA A

11 IN hands up
12 EX Chaturanga Dandasana
13 IN Urdhva Mukha Svanasana
14 EX Adho Mukha Svanasana
15 IN jump, head up
16 EX Uttanasana
- IN come up
(EX) Samasthithi

PASCHIMATTANASANA B
VINYASA: 16
ASANA: 9

10 IN jump, head up
11 IN hands to the floor
12 EX Chaturanga Dandasana
13 IN Urdhva Mukha Svanasana
14 EX Adho Mukha Svanasana
15 IN jump, head up
16 EX Uttanasana
- IN come up
(EX) Samasthithi

PASCHIMATTANASANA C
VINYASA: 16
ASANA: 9

10 IN jump, head up
11 IN hands to the floor
12 EX Chaturanga Dandasana
13 IN Urdhva Mukha Svanasana
14 EX Adho Mukha Svanasana
15 IN jump, head up
16 EX Uttanasana
- IN come up
(EX) Samasthithi
12 EX Chaturanga Dandasana

13 IN Urdhva Mukha Svanasana

14 EX Adho Mukha Svanasana

15 IN jump, head up

16 EX Uttanasana

17 IN head up

9 IN head up, arms straight

10 IN head up, arms straight

11 IN up

18 5BR ARDHA BADDHA PADMASHA PASHIMATTANASANA

19 IN Urdhva Mukha Svanasana

20 EX Adho Mukha Svanasana

21 IN jump, head up

22 EX Uttanasana

23 IN head up

14 IN jump, head up

15 EX Uttanasana

16 IN come up

(Ex) Samasthitih

17 IN up

18 EX Chaturanga Dandasana

19 IN Urdhva Mukha Svanasana

20 EX Adho Mukha Svanasana

21 IN jump, head up

22 EX Uttanasana

23 IN come up

(Ex) Samasthitih

14 IN jump, head up

15 EX Uttanasana

16 IN come up

(Ex) Samasthitih

17 IN up

18 EX Chaturanga Dandasana

19 IN Urdhva Mukha Svanasana

20 EX Adho Mukha Svanasana

21 IN jump, head up

22 EX Uttanasana

23 IN come up

(Ex) Samasthitih

14 IN jump, head up

15 EX Uttanasana

16 IN come up

(Ex) Samasthitih

17 IN up

18 EX Chaturanga Dandasana

19 IN Urdhva Mukha Svanasana

20 EX Adho Mukha Svanasana

21 IN jump, head up

22 EX Uttanasana

23 IN come up

(Ex) Samasthitih

14 IN jump, head up

15 EX Uttanasana

16 IN come up

(Ex) Samasthitih

17 IN up

18 EX Chaturanga Dandasana

19 IN Urdhva Mukha Svanasana

20 EX Adho Mukha Svanasana

21 IN jump, head up

22 EX Uttanasana

23 IN come up

(Ex) Samasthitih

14 IN jump, head up

15 EX Uttanasana

16 IN come up

(Ex) Samasthitih

17 IN up

18 EX Chaturanga Dandasana

19 IN Urdhva Mukha Svanasana

20 EX Adho Mukha Svanasana

21 IN jump, head up

22 EX Uttanasana

23 IN come up

(Ex) Samasthitih

14 IN jump, head up

15 EX Uttanasana

16 IN come up

(Ex) Samasthitih

17 IN up

18 EX Chaturanga Dandasana

19 IN Urdhva Mukha Svanasana

20 EX Adho Mukha Svanasana

21 IN jump, head up

22 EX Uttanasana

23 IN come up

(Ex) Samasthitih
7 IN jump
  (EX) land, right leg bent
  (IN) head up
8 EX bend forward
5BR JANU SIRASANA B
  9 IN head up
  (EX) hands to the floor
10 IN up
11 EX Chaturanga Dandasana
12 IN Urdhva Mukha Svanasana
13 EX Adho Mukha Svanasana
14 IN jump
  (EX) land, left leg bent
  (IN) head up
15 EX bend forward
5BR JANU SIRASANA A
16 IN head up
  (EX) hands to the floor
17 IN up
18 EX Chaturanga Dandasana
19 IN Urdhva Mukha Svanasana
20 EX Adho Mukha Svanasana
21 IN jump, head up
22 EX Uttanasana
- IN come up
  (EX) Samasthithi

JANU SIRASANA A
VINYASA: 22
ASANA: 8,15
DRISTI: PADHAYORAGRAI
1 IN hands up
2 EX Uttanasana
3 IN head up
4 EX Chaturanga Dandasana
5 IN Urdhva Mukha Svanasana
6 EX Adho Mukha Svanasana

JANU SIRASANA B
VINYASA: 22
ASANA: 8,15
DRISTI: PADHAYORAGRAI
1 IN hands up
2 EX Uttanasana
3 IN head up
4 EX Chaturanga Dandasana
5 IN Urdhva Mukha Svanasana
6 EX Adho Mukha Svanasana

JANU SIRASANA C
VINYASA: 22
ASANA: 8,15
DRISTI: PADHAYORAGRAI
1 IN hands up
2 EX Uttanasana

MARICHYASANA A
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VINYASA: 22
ASANA:    8,15
DRISTI:  PADHAYORAGRAI
1  IN  hands up
2  EX  Uttanasana
3  IN  head up
4  EX  Chaturanga Dandasana
5  IN  Urdhva Mukha Svanasana
6  EX  Adho Mukha Svanasana
7  IN  jump
   (EX)  land, right leg bent
   (IN)  head up
8  EX  bend forward
  5BR  MARICHYASANA A
9  IN  head up
   (EX)  hands to the floor
10  IN  up
11  EX  Chaturanga Dandasana
12  IN  Urdhva Mukha Svanasana
13  EX  Adho Mukha Svanasana
14  IN  jump
   (EX)  land, left leg bent
   (IN)  head up
15  EX  bend forward
  5BR  MARICHYASANA A
16  IN  head up
   (EX)  hands to the floor
17  IN  up
18  EX  Chaturanga Dandasana
19  IN  Urdhva Mukha Svanasana
20  EX  Adho Mukha Svanasana
21  IN  jump, head up
22  EX  Uttanasana
   - IN  head up
   (EX)  Samasthitih

MARICHYASANA B
VINYASA: 22
ASANA:    8,15
DRISTI:  PADHAYORAGRAI
1  IN  hands up
2  EX  Uttanasana
3  IN  head up
4  EX  Chaturanga Dandasana
5  IN  Urdhva Mukha Svanasana
6  EX  Adho Mukha Svanasana
7  IN  jump
   (EX)  land, right leg bent, left leg in lotus
   (IN)  head up
8  EX  bend forward
  5BR  MARICHYASANA B
9  IN  head up
   (EX)  hands to the floor
10  IN  up
11  EX  Chaturanga Dandasana
12  IN  Urdhva Mukha Svanasana
13  EX  Adho Mukha Svanasana
14  IN  jump
   (EX)  land, left leg bent
   (IN)  head up
15  EX  bend forward
  5BR  MARICHYASANA A
16  IN  head up
   (EX)  hands to the floor
17  IN  up
18  EX  Chaturanga Dandasana
19  IN  Urdhva Mukha Svanasana
20  EX  Adho Mukha Svanasana
21  IN  jump, head up
22  EX  Uttanasana
   - IN  head up
   (EX)  Samasthitih

MARICHYASANA C
VINYASA: 18
ASANA:    7,12
DRISTI:  PARSVA
1  IN  hands up
2  EX  Uttanasana
3  IN  head up
4  EX  Chaturanga Dandasana
5  IN  Urdhva Mukha Svanasana
6  EX  Adho Mukha Svanasana
7  IN  up
   (EX)  land, right leg bent
   (IN)  turn right
   5BR  MARICHYASANA C
8  IN  up
9  EX  Chaturanga Dandasana
10  IN  Urdhva Mukha Svanasana
11  EX  Chaturanga Dandasana
12  IN  Urdhva Mukha Svanasana
13  EX  Adho Mukha Svanasana
14  IN  jump
   (EX)  land, left leg bent, right leg in lotus
   (IN)  head up
15  EX  bend forward
  5BR  MARICHYASANA B
16  IN  head up
   (EX)  hands to the floor
17  IN  up
18  EX  Chaturanga Dandasana
19  IN  Urdhva Mukha Svanasana
20  EX  Adho Mukha Svanasana
21  IN  jump, head up
22  EX  Uttanasana
   - IN  head up
   (EX)  Samasthitih

MARICHYASANA D
VINYASA: 18
ASANA:    7,12
DRISTI:  PARSVA
1  IN  hands up
2  EX  Uttanasana
3  IN  head up
4  EX  Chaturanga Dandasana
5  IN  Urdhva Mukha Svanasana
6  EX  Adho Mukha Svanasana
7  IN  up
   (EX)  land, right leg bent
   (IN)  turn right
   5BR  MARICHYASANA D
8  IN  up
9  EX  Chaturanga Dandasana
10  IN  Urdhva Mukha Svanasana
11  EX  Chaturanga Dandasana
12  IN  Urdhva Mukha Svanasana
13  EX  Adho Mukha Svanasana
14  IN  jump
   (EX)  land, left leg bent, right leg in lotus
   (IN)  head up
15  EX  bend forward
  5BR  MARICHYASANA B
16  IN  head up
   (EX)  hands to the floor
17  IN  up
18  EX  Chaturanga Dandasana
19  IN  Urdhva Mukha Svanasana
20  EX  Adho Mukha Svanasana
21  IN  jump, head up
22  EX  Uttanasana
   - IN  head up
   (EX)  Samasthitih
10 IN Urdhva Mukha Svanasana
11 EX Adho Mukha Svanasana
12 (IN) up
  (EX) land, left leg bent, left leg in lotus
  (IN) turn left
5BR MARICHYASANA D
  (EX) hands to the floor
13 IN Up
14 EX Chaturanga Dandasana
15 IN Urdhva Mukha Svanasana
16 EX Adho Mukha Svanasana
17 IN Jump, Head up
18 EX Uttanasana
  - IN come up
  (EX) Samasthithi

NAVASANA
VINYASA: 13
ASANA: 7
DRISTI: PADHAYORAGRAI
  1 IN hands up
  2 EX Uttanasana
  3 IN head up
  4 EX Chaturanga Dandasana
  5 IN Urdhva Mukha Svanasana
  6 EX Adho Mukha Svanasana
  7 IN up
  (EX) land | repeat 3 to 8 times
  (IN) lift legs and arms | 5BR NAVASANA | (IN) hands to the floor |
  8 IN up |

BHJJAPIDASANA
VINYASA: 15
ASANA: 7,8
DRISTI: NASAGRAI
  1 IN hands up
  2 EX Uttanasana
  3 IN head up
  4 EX Chaturanga Dandasana
  5 IN Urdhva Mukha Svanasana
  6 EX Adho Mukha Svanasana
  7 IN jump
  (EX) lock the feet
  (IN) head up

KURMASANA / SUPTA KURMASANA
VINYASA: 16
ASANA: 7,9
DRISTI: BROOMADHYA
  1 IN hands up
  2 EX Uttanasana
  3 IN head up
  4 EX Chaturanga Dandasana
  5 IN Urdhva Mukha Svanasana
  6 EX Adho Mukha Svanasana
  7 IN Tittibhasana
  (EX) go down
  10 IN Tittibhasana
  11 EX Bakasana

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1. IN up
2. EX Chaturanga Dandasana
3. IN jump, head up
4. EX Adho Mukha Svanasana
5. IN jump, head up
6. EX Uttanasana
7. IN straight back
8. EX chin to ground
9. IN come up
10. EX forehead to toes
11. IN come up

GARBHA PINDASANA

1. IN hands up
2. EX Uttanasana
3. IN head up
4. EX Chaturanga Dandasana
5. IN Urdhva Mukha Svanasana
6. EX Adho Mukha Svanasana
7. IN up
8. EX hands through and to chin
9. IN head up
10. EX hands to the floor

KUKKUTASANA

1. IN hands up
2. EX Uttanasana
3. IN head up
4. EX Chaturanga Dandasana
5. IN Urdhva Mukha Svanasana
6. EX Adho Mukha Svanasana
7. IN up
8. EX hands through and to chin
9. IN head up
10. EX hands to the floor

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1. IN up
2. EX Chaturanga Dandasana
3. IN jump, head up
4. EX Adho Mukha Svanasana
5. IN jump, head up
6. EX Uttanasana
7. IN straight back
8. EX chin to ground
9. IN come up
10. EX forehead to toes

BADDHA KONASANA A / B

1. IN hands up
2. EX Uttanasana
3. IN head up
4. EX Chaturanga Dandasana
5. IN Urdhva Mukha Svanasana
6. EX Adho Mukha Svanasana
7. IN up
8. EX hands through and to chin
9. IN head up
10. EX hands to the floor

KUKKUTASANA

1. IN hands up
2. EX Uttanasana
3. IN head up
4. EX Chaturanga Dandasana
5. IN Urdhva Mukha Svanasana
6. EX Adho Mukha Svanasana
7. IN up
8. EX hands through and to chin
9. IN head up
10. EX hands to the floor

UPAVISTHA KONASANA A / B

1. IN hands up
2. EX Uttanasana
3. IN head up
4. EX Chaturanga Dandasana
5. IN Urdhva Mukha Svanasana
6. EX Adho Mukha Svanasana
7. IN up
8. EX hands through and to chin
9. IN head up
10. EX hands to the floor

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10 IN up
11 EX Chaturanga Dandasana
12 IN Urdhva Mukha Svanasana
13 EX Adho Mukha Svanasana A
14 IN jump, head up
15 EX Uttanasana
- IN come up
(Ex) Samasthih

**URDHA MUKHA PASCHIMATTANASANA**

**VINYASA:** 17

**ASANA:** 10
**DRISTI:** PADDYORAGRAI
**ASANA:** 9

1 IN hands up
2 EX Uttanasana
3 IN head up
4 EX Chaturanga Dandasana
5 IN Urdhva Mukha Svanasana
6 EX Adho Mukha Svanasana
7 IN up
(Ex) lie down
8 IN legs up
(Ex) grab foot
9 IN roll up
10 EX bend forward
5BR URDHA MUKHA PASCHIMATTANASANA

11 IN head up
(Ex) hands to the ground
12 IN up
13 EX Chaturanga Dandasana
14 IN Urdhva Mukha Svanasana
15 EX Adho Mukha Svanasana
16 IN jump, head up
17 EX Uttanasana
- IN come up
(Ex) Samasthih

**SETU BANDHASANA**

**VINYASA:** 15

**ASANA:** 9
**DRISTI:** NASAGRAI

1 IN hands up
2 EX Uttanasana
3 IN head up
4 EX Chaturanga Dandasana
5 IN Urdhva Mukha Svanasana
6 EX Adho Mukha Svanasana
7 IN up
(Ex) lie down
8 IN lift legs and head
(Ex) prepare
9 IN lift up
Each time hands
5BR URDHA DHANURASANA
| nearer to feet

10 IN head up, Arms straight
(Ex) hands to the floor
11 IN up
12 EX Chaturanga Dandasana
13 IN Urdhva Mukha Svanasana
14 EX Adho Mukha Svanasana
15 IN jump, head up
16 EX Uttanasana
- IN come up
(Ex) Samasthih

15 EX Uttanasana
- IN come up
(Ex) Samasthih

**URDHVA DHANURASANA**

**VINYASA:** 15

**ASANA:** 9
**DRISTI:** NASAGRAI

1 IN hands up
2 EX Uttanasana
3 IN head up
4 EX Chaturanga Dandasana
5 IN Urdhva Mukha Svanasana
6 EX Adho Mukha Svanasana
7 IN up
(Ex) lie down
8 IN lift legs and hands
(Ex) prepare
9 IN lift up
5BR URDHA DHANURASANA

10 EX Chakrasana
11 IN Chakrasana
(Ex) Chaturanga Dandasana
12 IN Urdhva Mukha Svanasana
13 EX Adho Mukha Svanasana
14 IN jump, head up
15 EX Urdhva Svanasana
- IN come up
(Ex) Samasthih

6 BR PASCHIMATTANASANA

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