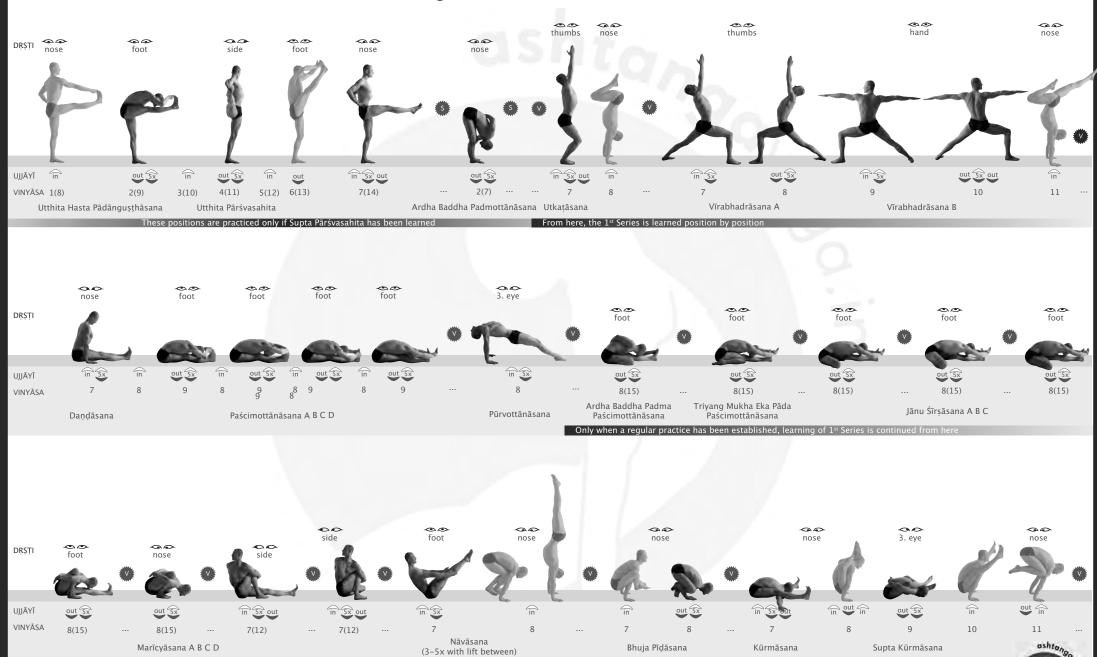
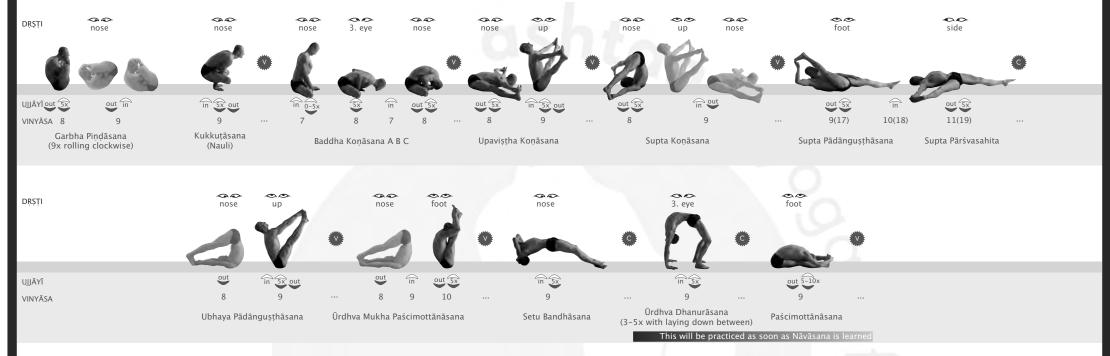
## Yoga Cikitsā - 1st Series (Sheet 1)



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## Yoga Cikitsā - 1st Series (Sheet 2)



Aṣṭāṅga Yoga is a journey from the coarse to the subtle. The practice of the  $1^{st}$  Series is at the beginning of this journey. Therefore strength, vitality and health of the physical body are at the center of attention. This gives her the name Yoga Therapy (Yoga Cikitsā).

As with Fundamental Positions (see there) each movement sequence (Vinyāsa) begins and ends in standing and is counted starting from there. However once rhythm is familiar, the movement sequences merge partially with each other. Every once in a while you will still pass through Samasthitiḥ ( ). But for most movement sequences the first six and last three movements are omitted. Then the practice leads you via plank pose (Vinyāsa ) or a backward roll (Cakrāsana ) simply through the downward dog position (Adho Mukha Śvānāsana). All positions (Āsana) are always practiced on both sides, even though only the first is pictured. A Vinyāsa sequence vis also performed in between switching sides of each seated position.

After you have established your practice in the Fundamental Positions (see there), the  $1^{\text{st}}$  Series will be your field for learning on six days a week (Sunday to Friday, except on moon days). Following the outlined steps, you can build up your practice, together with an experienced teacher.



