Opening Prayer
(before Asana practice)
(from the Kurma Purana)

~
jivamanani bhrajth phana
sahasra vidruth vishwambara
mandalaya ananthaya
nagarajaya namaha

abahu purushakaram
shankacakrasi dharinam
sahasra shirasam svetam
pranamami patanjalim
gurubyo namaha
devatabyo namaha

~

The common Soul (jeva) shines like an emerald on the head of the snake
Which has one thousand heads and is all pervading
with three circles unlimited
King of snake - I pray my respect to you

Manifest in human form
bearing the ornaments of counch (divine sound) and wheel(infinite time)
having one thousand snowhite heads
I surrender to you Patanjali

I pray respect to the Guru
I pray respect to the Divine adepts

~

Surya is the God of the sun. He is the only God that can be seen with your blank eye. Surya gives us live through letting food grow - we life on sun energy. So we worship Surya first in our Asana practice. Do Surya Namaskara.

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Vinyasa Ashtanga Yoga
as taught by
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~ Proper breathing! Breathing has to be regular. Inhale – Exhale – Inhale – Exhale. Right breathing is systematical, traditional and healthy. ~

Fundamental Asanas (to be done after Surya Namaskara A & B and before the beginning of a series)

- Padangustasana + Pada Hastasana + Uttitha Trikonasana ➔ + Parivritta Trikonasana ➔ + Uttitha Parsvakonasana ➔ +
- Parivottasana ➔ +

Backbending (to be done after one series has been completed and before the finishing Asanas.)

- Lift up from the ground to Urdhva Dhanurasana 3 to 5 times, then do Chakrasana and Pashimottanasana.
- Start similar, then stand up from Urdhva Dhanurasana and drop back 3 to 5 times. Finally do Vinyasa from standing to Pashimottanasana.
- Go on to handstand and drop down to Urdhva Dhanurasana 3 to 5 times. Finally do Vinyasa from standing to Pashimottanasana.
- You can lift back up from Urdhva Dhanurasana to handstand 3 to 5 times. Finally hover through to Pashimottanasana.
- Urdhva Dhanurasana repeat (3 to 5 times) ➔ Pashimottanasana ➔

- When you go to Bangalore, you can take the train. You can also go by Maruti. But you don't change halfway. ~

Finishing Asanas (to be done after the series and the Backbending and before the final relaxation)

• lie down • Salabhasana • Halasana • Kattha Padmasana • Urdhva Padmasana •

• Parivottasana ➔ Maitriyasana • Utana Paditasana ➔ Sirasana • lift up •

Closing Prayer (after Asana practice, before Shavasana)

- parama rishibhyo namaha (2x)
- I give thanks to the Rishis
- Shavasana (take rest)

- The Vinyasa Ashtanga Yoga practice reduces the fat on the waist. - Trunk must be slim! -