

Yoga Cikitsā - 1st Series (Sheet 1)

DRṢṬĪ	nose	foot	side	foot	nose	nose	nose	thumbs	nose	thumbs	hand	nose																			
UJJĀYĪ	in	out 5x	in	out 5x	in	out	in 5x	out	in	in 5x	out 5x	in																			
VINYĀSA	1(8)	2(9)	3(10)	4(11)	5(12)	6(13)	7(14)	...	2(7)	7	8	...	7	8	...	9	10	11	...										
Utthita Hasta Pādānguṣṭhāsana						Utthita Pārśvasahita						Ardha Baddha Padmottānāsana			Utkaṭāsana		Virabhadrāsana A		Virabhadrāsana B												
These positions are practiced only if Supta Pārśvasahita has been learned																						From here, the 1 st Series is learned position by position									

DRṢṬĪ	nose	foot	foot	foot	foot	3. eye	foot	foot	foot	foot	foot										
UJJĀYĪ	in 5x	in	out 5x	in	out 5x	in	out 5x	in	out 5x	in	out 5x	in	out 5x	in	out 5x	in	out 5x	in	out 5x	in	out 5x
VINYĀSA	7	8	9	8	9	8	9	8	9	...	8	...	8(15)	...	8(15)	...	8(15)	...	8(15)	...	8(15)
Daṇḍāsana		Paścimottānāsana A B C D					Pūrvottānāsana		Ardha Baddha Padma Paścimottānāsana		Triyaṅg Mukha Eka Pāda Paścimottānāsana		Jānu Śīrṣāsana A B C								
Only when a regular practice has been established, learning of 1 st Series is continued from here																					

DRṢṬĪ	foot	nose	side	side	side	side	foot	nose	nose	nose	3. eye	nose											
UJJĀYĪ	out 5x	out 5x	in 5x	out	in 5x	out	in 5x	in	in	out 5x	in	out 5x	in	out 5x	in	out 5x	in	in	out	in	out	in	
VINYĀSA	8(15)	...	8(15)	...	7(12)	...	7(12)	...	7	8	...	7	8	...	7	8	...	7	8	9	10	11	...
Marīcāsana A B C D				Nāvāsana (3-5x with lift between)				Bhuja Prīḍāsana		Kūrmāsana		Supta Kūrmāsana											



Yoga Cikitsā – 1st Series (Sheet 2)

DRṢṬĪ	nose	nose	nose	3. eye	nose	nose	up	nose	up	nose	foot	side				
UJJĀYĪ	out 5x	in	in 5x out	in 0-5x	5x in	out 5x	in 5x out	out 5x	in out	out 5x	in	out 5x				
VINYĀSA	8	9	9	7	8	7	8	9	8	9	9(17)	10(18)	11(19)			
	Garbha Piṇḍāsana (9x rolling clockwise)			Kukkūṭāsana (Nauli)		Baddha Koṇāsana A B C			Upaviṣṭha Koṇāsana		Supta Koṇāsana		Supta Pādānguṣṭhāsana		Supta Pārśvasahita	

DRṢṬĪ	nose	up	nose	foot	nose	3. eye	foot	
UJJĀYĪ	out	in 5x out	out	in 5x	in 5x	in 5x	out 5-10x	
VINYĀSA	8	9	8	9	10	9	9	
	Ubhaya Pādānguṣṭhāsana		Ūrdhva Mukha Paścimottānāsana		Setu Bandhāsana	Ūrdhva Dhanurāsana (3-5x with laying down between)		Paścimottānāsana

This will be practiced as soon as Nāvāsana is learned

Aṣṭāṅga Yoga is a journey from the coarse to the subtle. The practice of the 1st 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 ☼ is also performed in between switching sides of each seated position.

After you have established your practice in the Fundamental Positions (see there), the 1st 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.

Vinyāsa & Cakrāsana

DRṢṬĪ	nose	nose	nose	3. eye	navel	nose
UJJĀYĪ	in out	in	out	in	out	in out in
VINYĀSA	x	x	x	x	x	x
DRṢṬĪ	nose	nose	nose	3. eye	navel	nose
UJJĀYĪ	out	in out	in	out	in out in	in
VINYĀSA	x	x	x	x	x	x

