Primary Series (the first series of Vinyasa Ashtanga Yoga, Part 1/2)

+ Uthita Hasta Padangusthasana A • Uthita Parvatasahita • Uthita Hasta Padan B • C + * + Ardha Baddha Padmottanasana + + +

• Utkatasana • Virabhadrasana A + Virabhadrasana B + • Dandasana • Pashimottanasana A *

• Purvottanasana • Pashimottanasana B • Purvottanasana • lift up* • Ardha Baddha Padma Pashimottanasana

• Triang Mukha Eka Pada Pashimottan. • Janu Sirsasana A • Janu Sirsasana B • Janu Sirsasana C • Marichyasana A •

• Marichyasana B • Marichyasana C • Marichyasana D • repeat 3-5 x [Navasana • lift up*] •

- Don’t take more food than you can digest! First you perfect one Asana, then you learn the next one. ~

* = don’t stay in this position; + = other side; • = come to Samasthiti; • = Vinyasa; • = Chakrasana; * = next photo; ~ = don’t stay in this position;

Part 2 / 2

Vinyasa Ashtanga Yoga
as taught by Yogavishadra B.N.S Iyengar

Primary Series (the first series of Vinyasa Ashtanga Yoga, Part 2/2)

• Bhuja Pindasana A • Bhuja Pindasana B • Kurmasana • Septa Kurmasana • Garba Pindasana A *

• Garba Pindasana B* (roll 9 x, 360° clockwise) • Kakkasana • Baddha Konasana A • Baddha Konasana B • Baddha Konasana C

• Upavistha Konasana A • Upavistha Konasana B • Septa Konasana • roll up* • touch down*•

• lift up* • Septa Padangusthasana A • Septa Parvatasahita • Septa Padangusthasana B • Udbhaya Padangusthasana

• roll back* • change hands*, roll up • Urdhva Muka Pashimottanasana • Septa Parivrita Padangusthasana • Setu Bandhasana

- Setu Bandhasana is the bridge between humanity and divinity. ~

* = don’t stay in this position; + = other side; • = come to Samasthiti; • = Vinyasa; • = Chakrasana; * = next photo; ~ = don’t stay in this position;