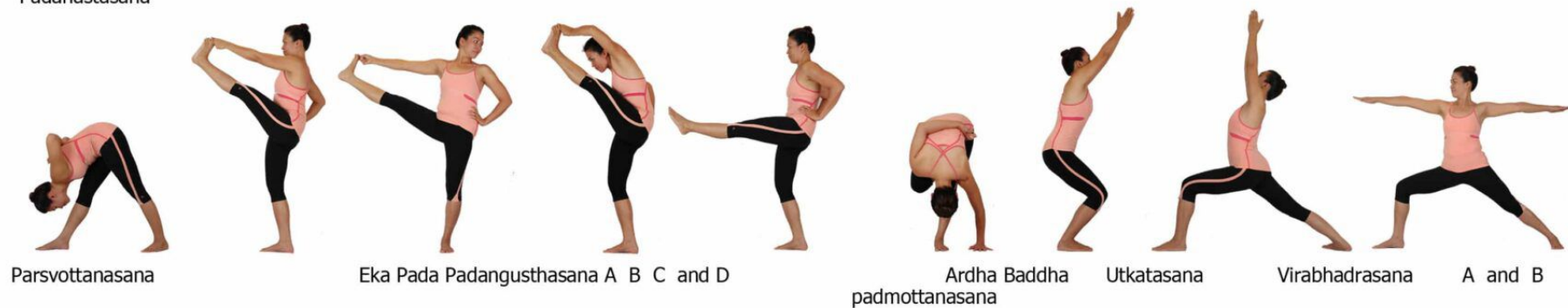
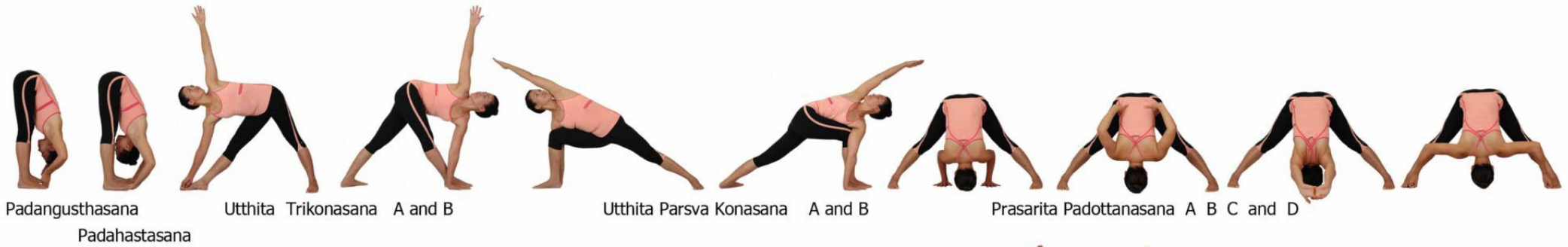
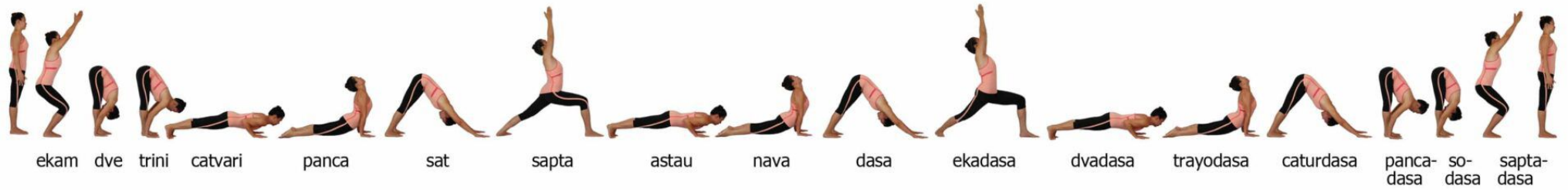


Hold each pose for five full breaths
Modelled by Saibaitip Holtby

Ashtanga Vinyasa Yoga

Primary Series





Dandasana



Paschmattanasana A B C and D



Purvattanasana



Ardha Baddha Padma



Triang Mkhakapada



Janu Sirasana A B and C



Marichyasana A B C and D



Navasana (five times with lift)



Bhujapidasana



Kurmasana



Supta Kurmasana



Garba Pindasana



Kukkutasana



Baddha Konasana A and B



Konasana



Upavistha Konasana



Supta Konasana (roll up to balance)



Supta Parsvasahita



Ubhaya Padangusthasana



Urdhva Mukha Paschimattanasana



Setu Bandhasana



Urdhva Dhanurasana



Salamba Sarvangasana



Halasana



Karnapidasana



Urdhva Pindasana



Urdhva Pindasana



Mathsayasana



Uttana Padasana



Urdhva Dandasana



Sirasana



Baddha Padmasana



Yogimudra



Padmasana



Utplutih



Savasana