

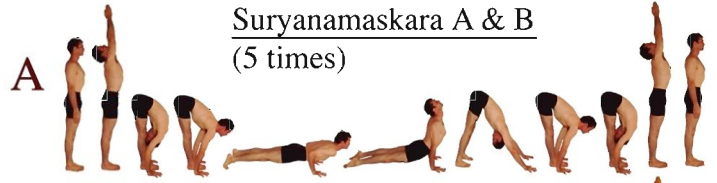


ASHTANGA YOGA
VICTORIA

Primary Series Sequence

With humble thanks and eternal reverence
to our teacher Sri K. Pattabhi Jois of Mysore, India
– Om Sri Gurubhyo Namaha –

Suryanamaskara A & B
(5 times)



Fundamental Asanas



Pādāṅguṣṭhāsana



Pādā Haṣṭāsana



Utthita Trikoṇāsana A



Utthita Trikoṇāsana B



Utthita Pārvakoṇāsana A



Utthita Pārvakoṇāsana B



Prasārita Padottānāsana A



Prasārita Padottānāsana B



Prasārita Padottānāsana C



Prasārita Padottānāsana D



Pārvottānāsana

Primary Series Postures



A



B
Utthita Hasta Pādāṅguṣṭhāsana



C



Ardha Baddha
Padmottānāsana



Utkaṭāsana



Virabhadrāsana A



Virabhadrāsana B



Paschimattānāsana
(Preparation)



Paschimattānāsana A



Paschimattānāsana B



Pūrvattānāsana

“99% Practice,
1% Theory!”

“You take practice,
you think God”
Sri K. Pattabhi Jois



Ardha Baddha Padma
Paschimattānāsana



Triang Mukhaekapāda
Paschimattānāsana



Jānu Śīrṣāsana A



Jānu Śīrṣāsana B



Jānu Śīrṣāsana C



Primary Series Sequence

With humble thanks and eternal reverence
to our teacher Sri K. Pattabhi Jois of Mysore, India
– Om Sri Gurubhyo Namaha –

Primary Series Postures Continued



Marichyāsana A



Marichyāsana B



Marichyāsana C



Marichyāsana D



Nāvāsana



Bujapīdāsana



Kūrmāsana



Supta Kūrmāsana



Garbha Piṇḍāsana



Kukkuṭāsana



Baddha Koṇāsana A



Baddha Koṇāsana B



Upaviṣṭha Koṇāsana A



Upaviṣṭha Koṇāsana B



Supta Koṇāsana



Supta Pādānguṣṭhāsana A



Supta Pādānguṣṭhāsana



Ubhaya Pādānguṣṭhāsana



Ūrdhva Mukha Paschimattānāsana



Setu Bandhāsana



Ūrdhva Dhanurāsana

Closing Sequence



Sālamba Sarvāṅgāsana



Halāsana



Karṇapīdāsana



Ūrdhva Padmāsana



Piṇḍāsana



Mathsyāsana

Final 3 Closing Postures



Yoga Mudra



Padmāsana



Utplutih



Śavāsana (Take Rest)



Uttāna Pādāsana



Śīrṣāsana A



Śīrṣāsana B