



YOGA DOWNLOAD

TAKE YOGA ANYWHERE

ASHTANGA PRIMARY SERIES - 120 MINS - LEVEL INTERMEDIATE/ADVANCED

-  Begin series (# indicates repetitions)
-  End series
-  Repeat series
-  Repeat series on other leg/side
-  Repeat pose on opposite leg/side

Sun Salutation A



Pranamasana/Samasthiti



Urdhva Hastasana



Uttanasana



Ardha Uttanasana



Plank (Set Up for Chaturanga)



Chaturanga Dandasana

5



Urdhva Mukha Svanasana



Adho Mukha Svanasana



Ardha Uttanasana



Uttanasana



Urdhva Hastasana



Pranamasana/Samasthiti



Sun Salutation B



Pranamasana/Samasthiti



Utkatasana



Uttanasana



Ardha Uttanasana



Plank (Set Up for Chaturanga)



Chaturanga Dandasana

5



Urdhva Mukha Svanasana



Adho Mukha Svanasana



Virabhadrasana A (left side)

Right Side first,
then Left Side



Plank (Set Up for Chaturanga)



Chaturanga Dandasana



Urdhva Mukha Svanasana



Adho Mukha Svanasana



Ardha Uttanasana



Uttanasana



Utkatasana



Pranamasana/Samasthiti

Standing Series



Pranamasana/Samasthiti



Padangusthasana

Closeup



Padahastasana

Closeup



Utthita Trikonasana (2 sides)



Parivritta Trikonasana (2 sides)



Modification



Full Expression

Utthita Parsvakonasana (2 sides)



Modification



Full Expression

Parivritta Parsvakonasana (2 sides)



Prasarita Padottanasana A



Prasarita Padottanasana B



Prasarita Padottanasana C



Prasarita Padottanasana D



Modification

Full Expression

Parsvottanasana (2 sides)



Utthita Hasta Padangusthasana A



Utthita Hasta Padangusthasana B



Utthita Hasta Padangusthasana C



Utthita Hasta Padangusthasana D



Step 1: Tree


Step 2:
Half Bound

Step 3:
Folding Prep


Step 4: Full



Ardha Badda Padmottanasana (2 sides)



Utkatasana



Virabhadrasana A (2 sides)

Right Side
then
Left Side


Virabhadrasana B (2 sides)

Left Side
then
Right Side

“Yoga Is 99% Practice,
1% Theory”

-Pattabhi Jois, Ashtanga Guru

Primary Series



Dandasana



Paschimottanasana A



Paschimottanasana B



Paschimottanasana C



Purvottanasana


Ardha Baddha Padma
Paschimottanasana (2 sides)




Trianga Mukhaikapada
Paschimottanasana (2 sides)



Janu Sirsasana A (2 sides)



Janu Sirsasana B (2 sides)



Janu Sirsasana C (2 sides)



Marichyasana A (2 sides)

Modification



Marichyasana B (2 sides)



Full Expression

Modification



Marichyasana C (2 sides)

Full Expression
(Rear View)



Modification



Marichyasana D (2 sides)



Full Expression
(Front & Rear View)



Navasana



Lolasana



Prep



Modification



Full Expression

Bhujapidasana



OPTIONAL

Jump
Into Plank

Bakasana



Plank



Chaturanga



Urdvha Mukha Svanasana



Adho Mukha Svanasana



Kurmasana



Modification



Full Expression

Supta Kurmasana

(Hold for 5 breaths before moving to Garbha Roll)

Modification 1



Modification 2



Full Expression



Garbha Pindasana

(Roll 8 times in a clock-wise circle)

Garbha Roll 1



Garbha Roll 2



Kukkutasana

Prep



Full Expression
(Front & Side View)



Baddha Konasana



Upavishta Konasana A



Upavishta Konasana B



Supta Konasana



Supta Padangusthasana A



Supta Padangusthasana B



Supta Padangusthasana C



Prep



Full Expression

Ubhaya Padangusthasana



Prep



Full Expression

Urdhva Mukha Paschimottanasana

Modification 1



Modification 2



Modification 3



Modification 3

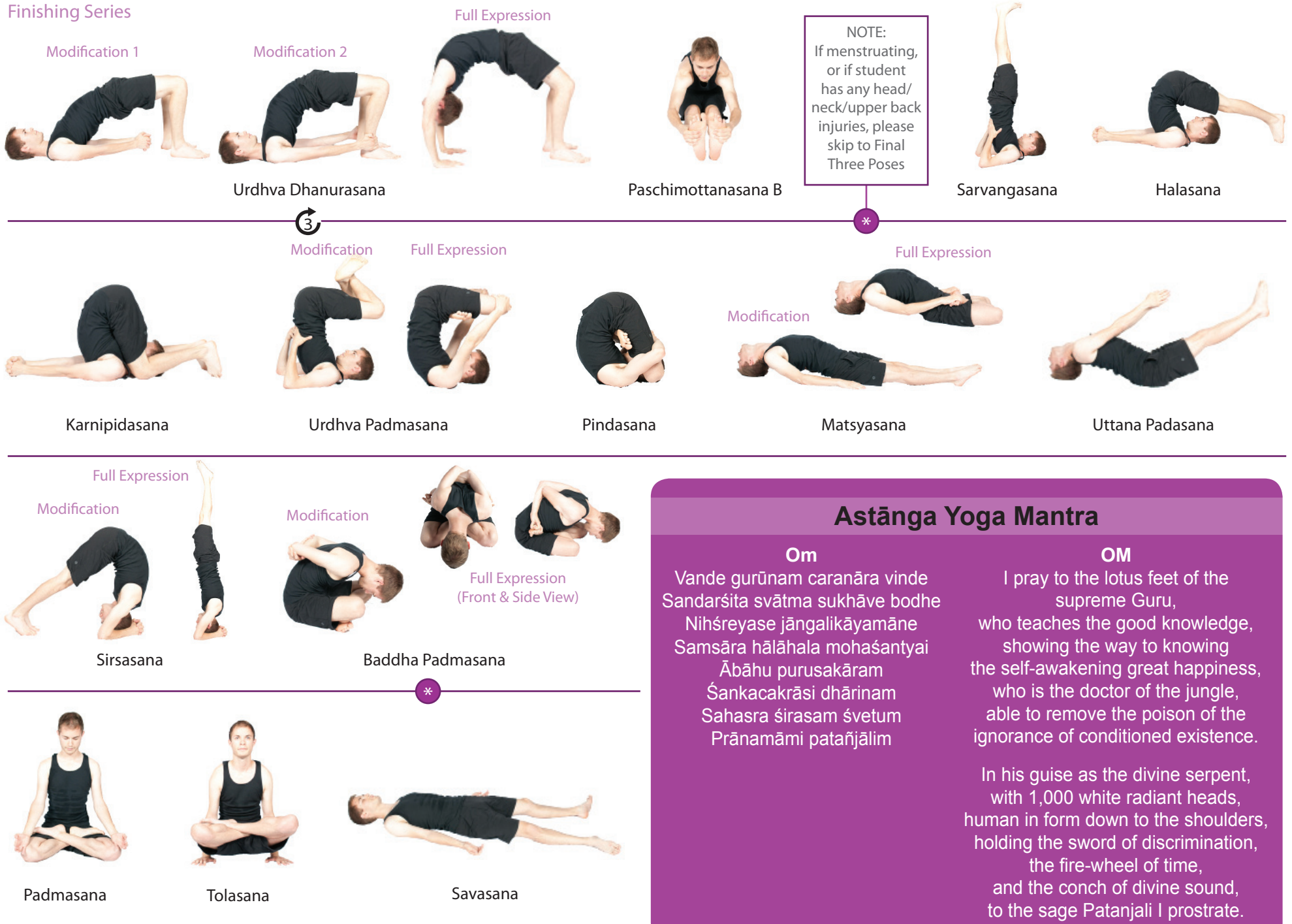


Full Expression



Setu Bandhasana

Finishing Series



Astānga Yoga Mantra

Om

Vande gurūnam caranāra vinde
 Sandarśita svātma sukhāve bodhe
 Nihśreyase jāngalikāyamāne
 Samsāra hālāhala mohaśantyai
 Ābāhu purusakāram
 Śankacakrāsi dhārinam
 Sahasra śirasam śvetum
 Prānamāmi patañjālim

OM

I pray to the lotus feet of the
 supreme Guru,
 who teaches the good knowledge,
 showing the way to knowing
 the self-awakening great happiness,
 who is the doctor of the jungle,
 able to remove the poison of the
 ignorance of conditioned existence.

In his guise as the divine serpent,
 with 1,000 white radiant heads,
 human in form down to the shoulders,
 holding the sword of discrimination,
 the fire-wheel of time,
 and the conch of divine sound,
 to the sage Patanjali I prostrate.