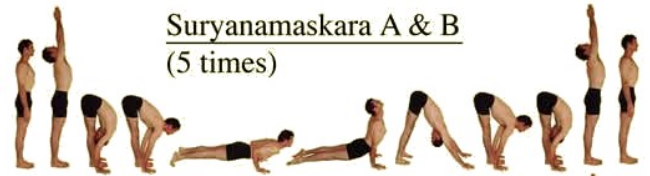


Primary Series Sequence

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)

A



B



Fundamental Asanas



Pādāṅguṣṭhāsana



Pādā Haṣṭhāsana



Utthita Trikoṇāsana A



Utthita Trikoṇāsana B



Utthita Pārśvakoṇāsana A



Utthita Pārśvakoṇāsana B



Prasārita Padottānāsana A



Prasārita Padottānāsana B



Prasārita Padottānāsana C



Prasārita Padottānāsana D



Pārsvottānāsana

Primary Series Postures



A



B
Utthita Hasta Pādāṅguṣṭhāsana



C



Ardha Baddha Padmottānāsana



Utkaṭhāsana



Vīrabhadrāsana A



Vīrabhadrāsana 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

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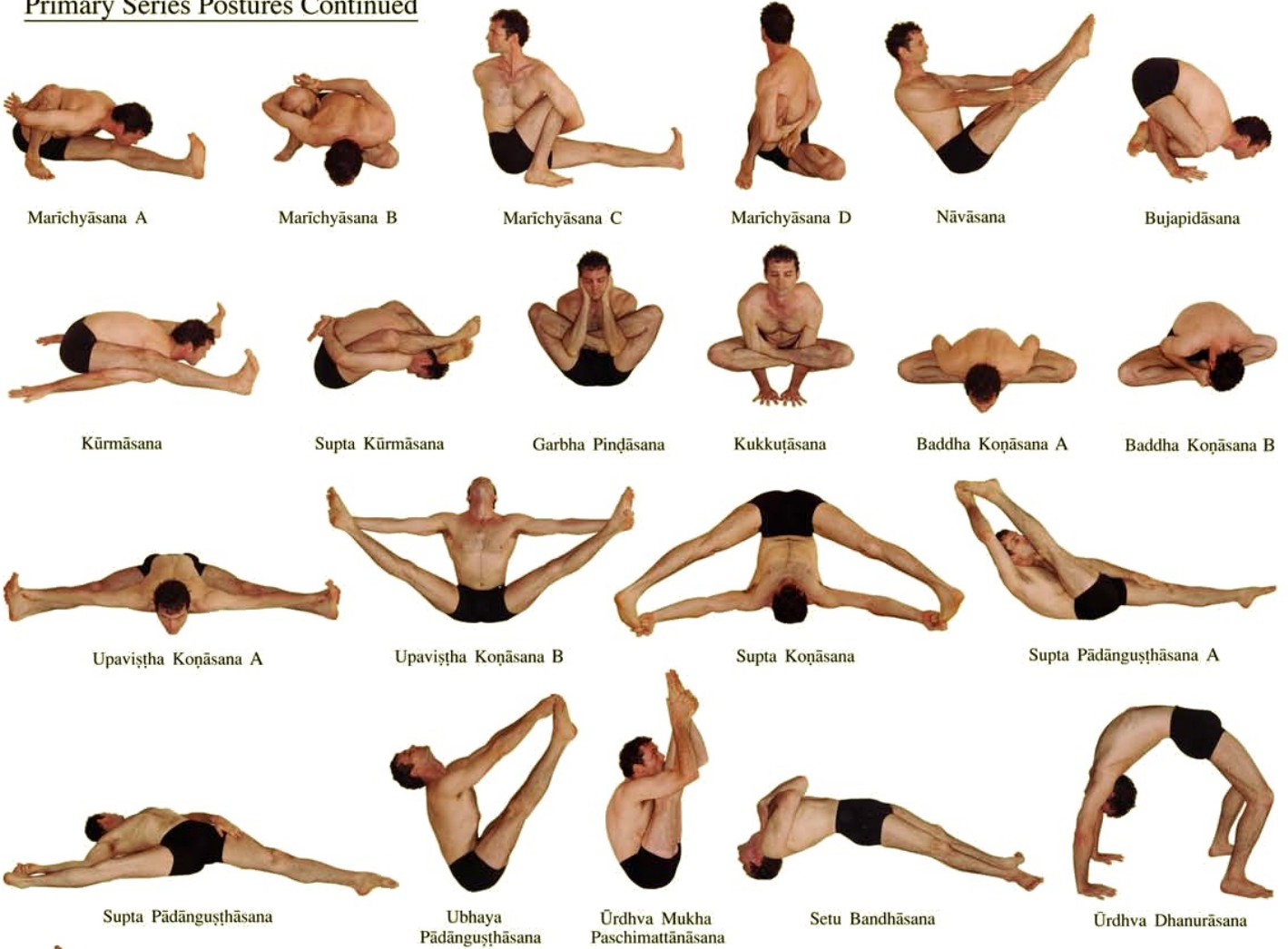
More infos and schedule
on <http://muscle.hacker.lu/>



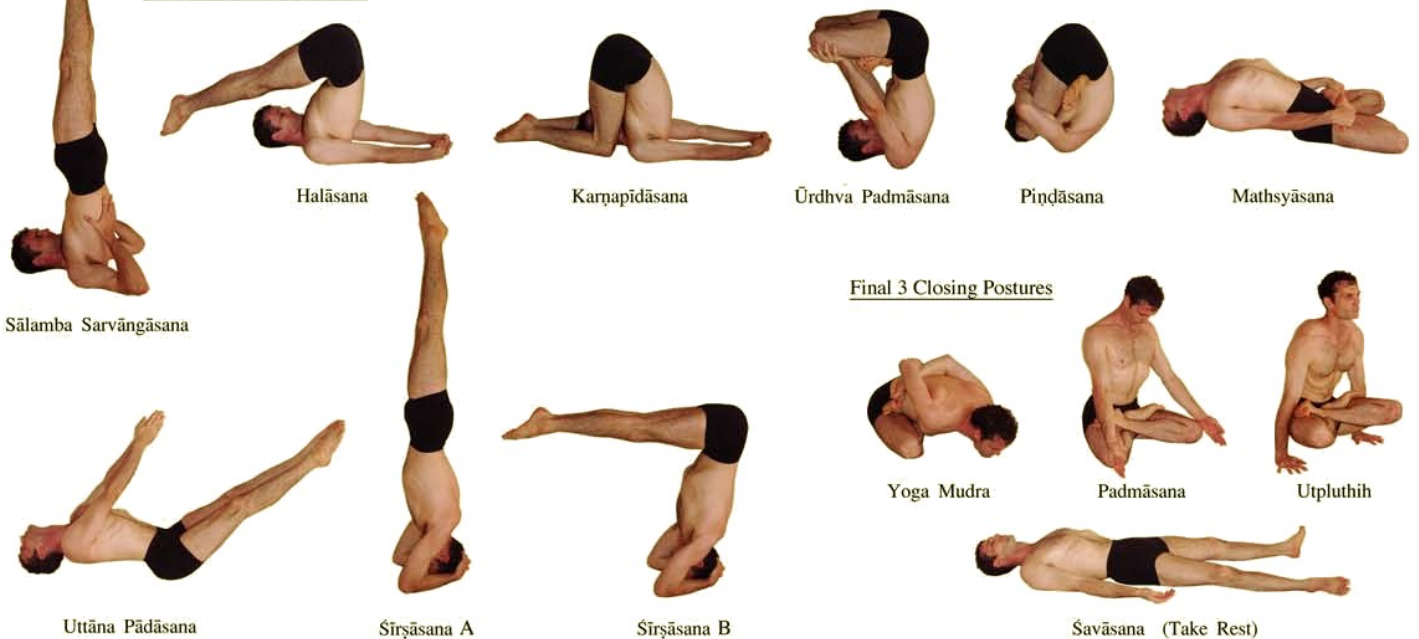
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Primary Series Postures Continued



Closing Sequence



Final 3 Closing Postures

More infos and schedule
on <http://muscle.hacker.lu/>



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