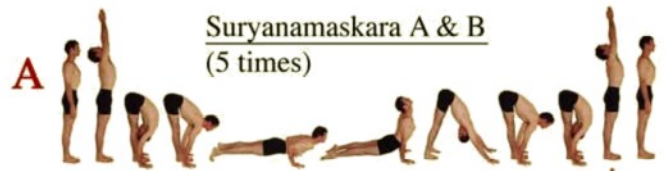
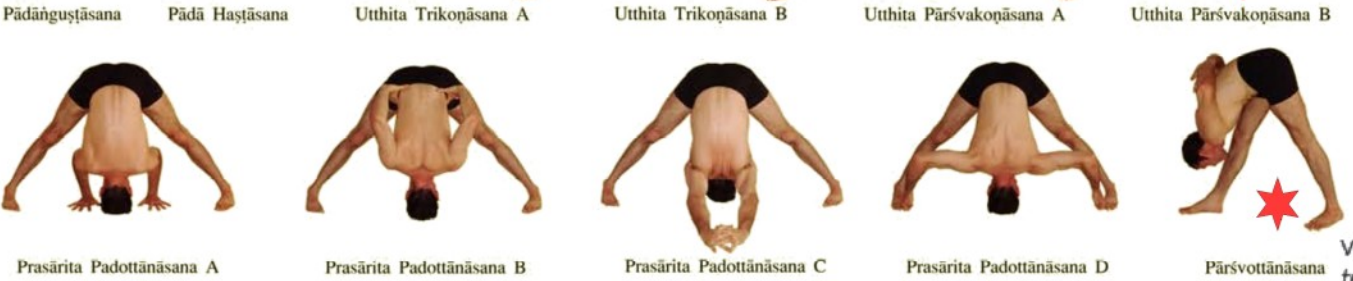
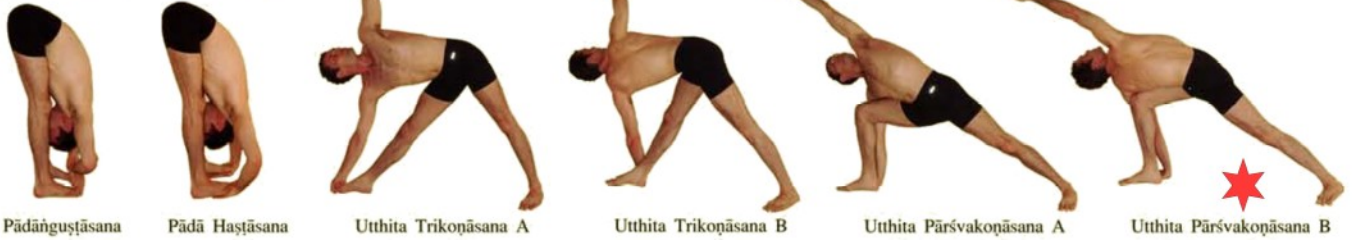


# Ashtanga Yoga

Geeky yoga brought to you by muscle.hacker.lu

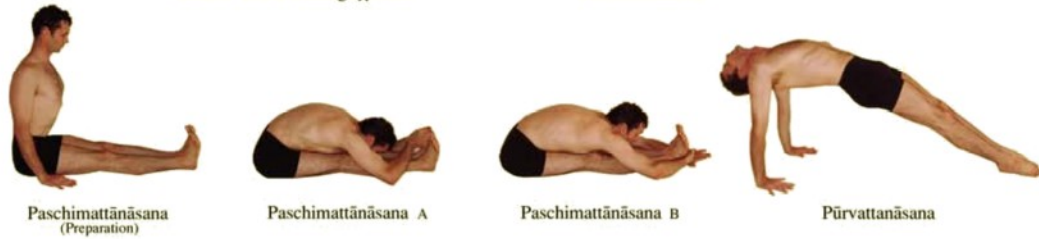
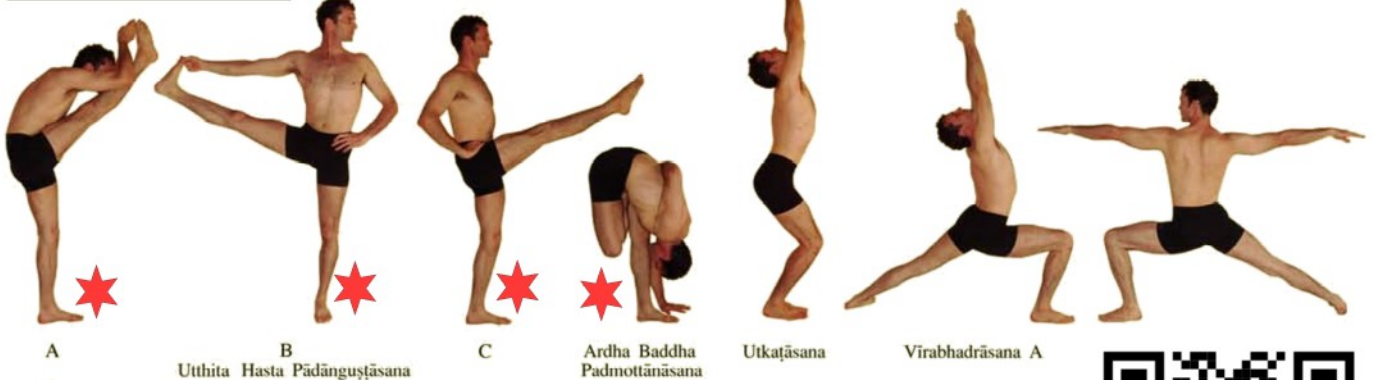


## Fundamental Asanas

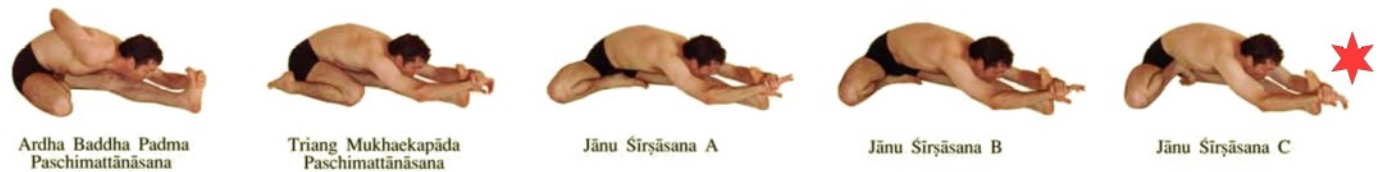


vrksasana  
tree pose

## Primary Series Postures



Explainer video by D.Svenson



★ = Advanced pose!

# Ashtanga Yoga

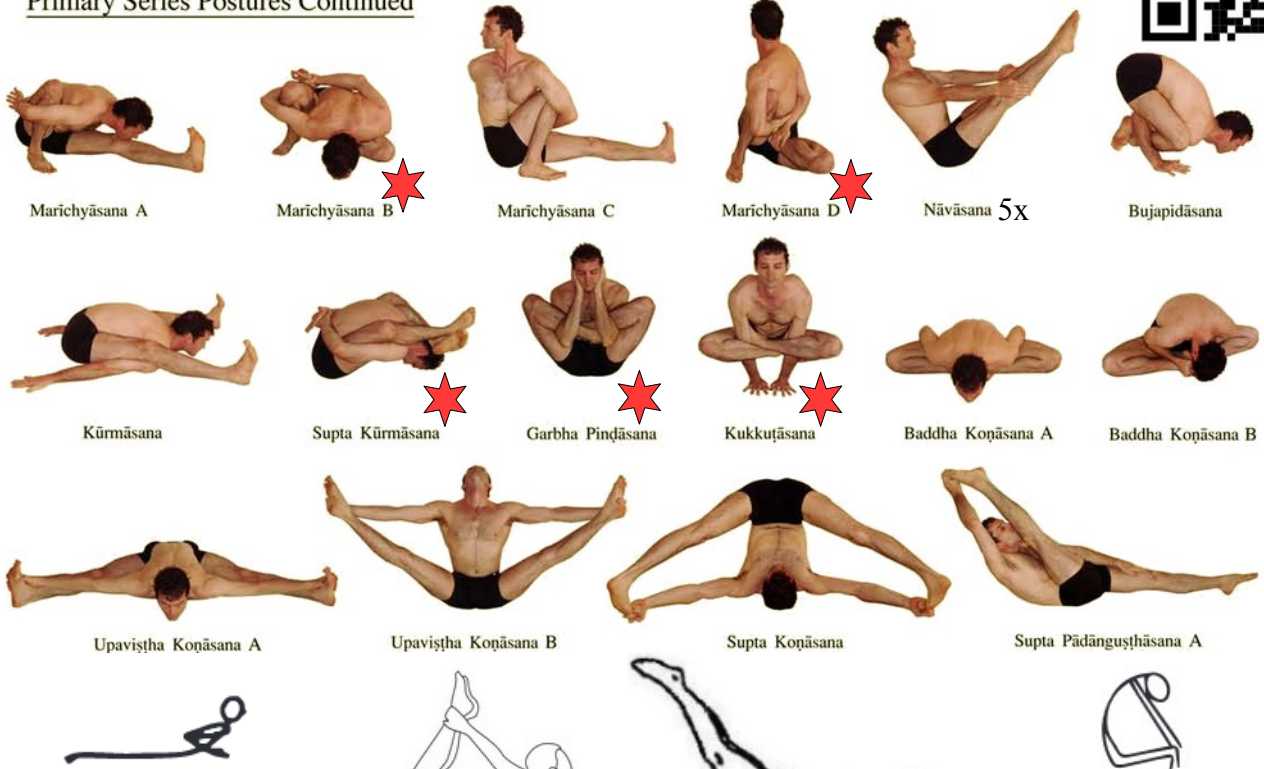
## Primary Series Sequence

Geeky yoga brought to you by  
muscle.hacker.lu



Full sequence  
by D.Svenson

### Primary Series Postures Continued



Marichyāsana A

Marichyāsana B

Marichyāsana C

Marichyāsana D

Nāvāsana 5x

Bujapīdāsana

Kūrmāsana

Supta Kūrmāsana

Garbha Piṅḍāsana

Kukkuṭāsana

Baddha Koṅāsana A

Baddha Koṅāsana B

Upaviṣṭha Koṅāsana A

Upaviṣṭha Koṅāsana B

Supta Koṅāsana

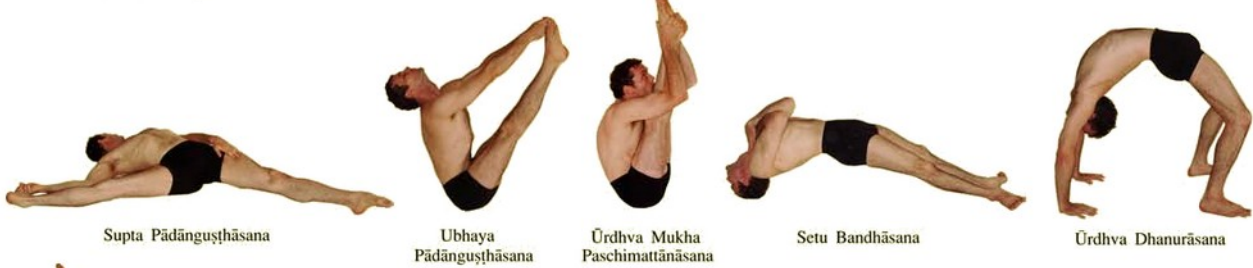
Supta Pādānguṣṭhāsana A

Bhujangāsana  
Cobra pose

BOW POSE  
DHANURĀSANA

Salabhasana  
locust pose

Ustrasana  
Camel pose



Supta Pādānguṣṭhāsana

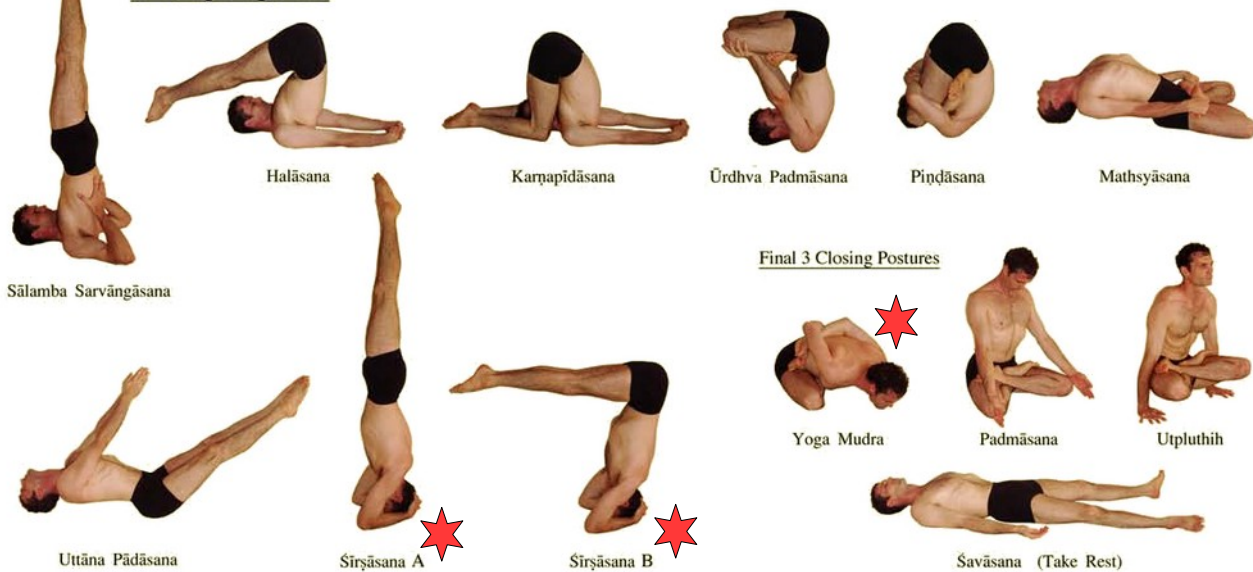
Ubhaya Pādānguṣṭhāsana

Ūrdhva Mukha Paśchimattānāsana

Setu Bandhāsana

Ūrdhva Dhanurāsana

### Closing Sequence



Sālamba Sarvāṅgāsana

Halāsana

Karṇapīdāsana

Ūrdhva Padmāsana

Piṅḍāsana

Mathsyāsana

Uttāna Pādāsana

Sīrṣāsana A

Sīrṣāsana B

### Final 3 Closing Postures

Yoga Mudra

Padmāsana

Utpluṭhiḥ

Savāsana (Take Rest)

★ = Advanced pose!