

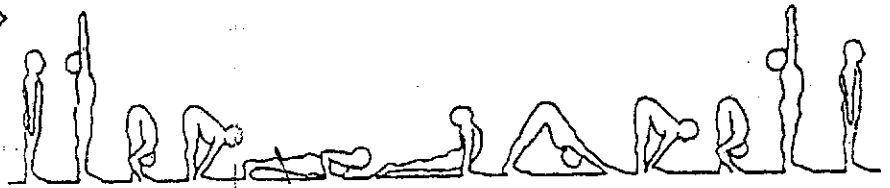
ASTANGA YOGA-PRIMARY SERIES

Jivamuktii Yoga Center - Drawings by John Scott

This first page is actually just the warm-up section which is the same no matter which series you are working in.

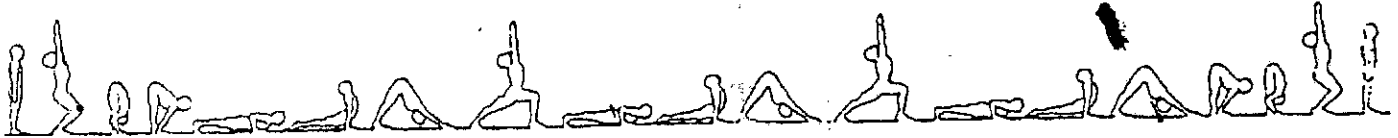
SURYANAMASKAR A >

Start class with 5 repetitions:

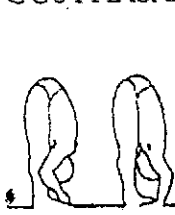


SURYANAMASKAR B >

Beginning also with 5 repetitions:

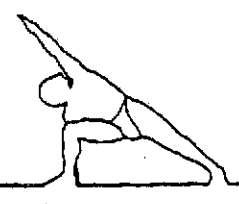
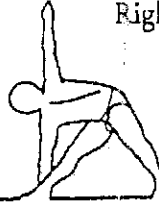


1. PADANGUSTHASANA



4. PARIVRITTA TRIKONASANA

Right, then Left



2. PADDAHASTASANA

3. UTTHITA TRIKONASANA

Right, then Left

5. UTTHITA PARSVAKONASANA

Right, then Left



A



B



C



D

PRASARITA PADOTTANASANA

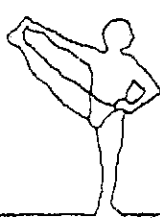


PARSVOTTANASANA >

Right, then Left



A



B



C



D

UTTHITA HASTA PADANGUSTHASANA Right, then Left



ARDH BADDHA PADMOTTANASANA Right, then Left

(End of warmup)

Jump-back >



The Primary UTKATASANA Jump-back > Series begins from this point onward >



A VIRABHADRASANA Right, then Left



B

Jump-back >