

Aṣṭāṅga Yoga – Yoga Chikitsa (Primary Series / 1<sup>st</sup> Series)



Uthitha Hasta Pādāṅguṣṭhāsana A & Uthitha Parśvasahita

Ardha Baddha Padmottānāsana



Utkāṭāsana

Vinyasa Exit

Virabhadrāsana A & B

Vinyasa Exit



Vinyasa Entry (IN,EX,IN)

Dandāsana

Paśchimottānāsana A



Paśchimottānāsana B

Paśchimottānāsana C

Paśchimottānāsana D

Pūrvottānāsana

Ardha Baddha Padma Paśchimottānāsana



Tiryāṅgmukhaikapada Paśchimottānāsana

Jānu Śirṣāsana A

Jānu Śirṣāsana B

Jānu Śirṣāsana C

Marichāsana A



Marichāsana B

Vinyasa Exit

Marichāsana C

Marichāsana D

Nāvāsana

Aṣṭāṅga Yoga – Yoga Chikitsa (Primary Series / 1<sup>st</sup> Series)



Vinyasa

Vinyasa Entry

Bhujapīḍāsana

Kūrmāsana



Supta Kūrmāsana

Vinyasa Exit

Garbhapīḍāsana



Vinyasa

Kukkuṭāsana

Baddhakoṅāsana A

Baddhakoṅāsana B

Baddhakoṅāsana C



Upaviṣṭakoṅāsana A

Upaviṣṭakoṅāsana B

Supta Koṅāsana A

Vinyasa

Supta Koṅāsana B



Supta Pādāṅguṣṭhāsana

Supta Parśvasahita

Vinyasa Entry

Ubhaya Pādāṅguṣṭhāsana

Vinyasa Entry



Urdhva Mukha Paśchimottānāsana

Setu Bandhāsana

Ūrdhva Dhanurāsana

Cakrāsana

Paśchimottānāsana