

# ASHTANGA YOGA PRIMARY SERIES

## Surya Namaskara A x 5

### Opening Invocation

OM  
 Vande Gurunam Charanaravinde  
 Sandarsita Svatma Sukava Bodhe  
 Nih Sreyase Jangalkayamane  
 Samsara Halahala Mohasanyai  
 Abahu Purusakaram  
 Sankhacakrai Dharinam  
 Sahasra Sirasam Svatom  
 Pranamami Pantanjali  
 OM



samasthiti ekam drishti: thumbs dve trini catvari panca sat drishti: navel sapta astau nava drishti: thumbs samasthiti samasthiti ekam drishti: thumbs dve trini

## Surya Namaskara B x 5



catvari panca sat drishti: navel sapta drishti: thumbs astau nava dasa drishti: navel ekadasa drishti: thumbs dvadasa trayodasa caturdas drishti: navel pancadasa sodasa saptadasa drishti: thumbs samasthiti Pandangustasana drishti: nose Pada Hastasana drishti: nose

### Standing Sequence

Always right side first



Utthita Trikonasana A drishti: thumb Utthita Trikonasana B drishti: thumb Parsvokonasana A drishti: thumb Utthita Parsvokonasana B drishti: thumb Prasrita Padottanasana A drishti: nose Prasrita Padottanasana B drishti: nose Prasrita Padottanasana C drishti: nose Prasrita Padottanasana D drishti: nose Parsvottanasana drishti: toes Utthita Hasta Pandangustasana drishti: toes drishti: opposite side drishti: toes hands to waist Ardhha Baddha Padmottanasana drishti: nose Utkatasana drishti: thumbs Virabhadrasana A drishti: thumbs Virabhadrasana B drishti: middle finger

### Seated Sequence

Always right side first



Dandasana drishti: nose Pascimattanasana A drishti: toes Pascimattanasana B drishti: toes jump through Purvattanasana drishti: nose Ardhha Baddha Padma Pascimattanasana drishti: toes Tryanga Mukhaikapada Pascimattanasana drishti: toes Janu Sirsasana A drishti: toes Janu Sirsasana B drishti: toes Janu Sirsasana C drishti: toes Maricasana A drishti: nose Maricasana B drishti: nose Maricasana C drishti: side Maricasana D drishti: side Navasana drishti: toes Lolanasana drishti: toes Navasana then Lolanasana x5



jump and cross ankles Bhujapidasana drishti: nose Kurmasana drishti: nose or 3rd eye Supta Kurmasana drishti: nose lift up Garba Pindasana drishti: nose roll clockwise in circle 5/9 times Kukutasana prepare Baddha Konasana drishti: nose head to toes drishti: nose Upavistha Konasana: lift and look up drishti: nose Supta Konasana: 5 breaths, then inhale, roll up, exhale lower



Supta Pandangustasana drishti: opposite side drishti: toes Ubhaya Pandangustasana drishti: up Urdhva Pascimattanasana drishti: toes Setubandhasana Urdhva Danurasana drishti: nose exhale lower and repeat (total 3 times) Pascimottanasana drishti: toes Salamba Sarvangasana drishti: nose Halasana drishti: nose Karnapidasana drishti: nose

### Finishing Sequence



Urdhva Padmasana drishti: nose Pindasana drishti: nose Matsyasana drishti: nose Uttana Padasana drishti: nose Sirsasana drishti: nose drishti: nose Balasana drishti: nose Baddha Padmasana drishti: nose Yoga Mudra drishti: nose Padmasana drishti: nose Utpluthi drishti: nose samasthiti

### Closing Chant (Mangala Mantra)

Svasti Prajabhyah Paripalayantam  
 Nyayena Margena Mahim Mahisah  
 Go Brahmanebhyah Subhamastu Nityam  
 Lokah Samastah Sukhino Bhavantu  
 Om Santih Santih Santih



Take rest (10 mins)