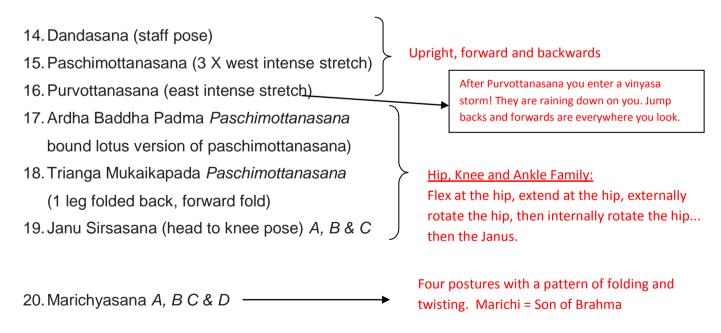
Ashtanga list of Primary Series postures

Surva Namaskar A → Surva Namaskar B

STANDING POSTURES



SEATED POSTURES



Scaling the summit of the Primary series next and then coast towards Savasana

21. Navasana (boat) X5 — Downward Facing Dog to boat. Dog jumps into boat.

Finish the first half of Primary Series here. Now do some backbends to finish!

Ashtanga list of Primary Series postures

The vinyasa storm has passed! No more right side left side vinyasas.

22. Bhujapidasana (arm pressure pose) → Jump back from Crow 23. Kurmasana (tortoise) 24. Supta Kurmasana (reclining tortoise) → Jump back No hiding the fact... this is not easy. 25. Garbha Pindasana (embryo in the womb – 9 rolls) 26. Kukkutasana (rooster) 27. Baddha Konasana (bound angle, upright and → fold) → Jump back, vinyasa The Kona (angle) family 28. Upavista Konasana (wide angle seated forward fold) → release feet then lift of postures 29. Supta Konasana (reclining angle pose, open plow) → Jump back, lie down... 30. Supta Padangustasana (reclining big toe pose A & B) — Just like the standing balances 31. Ubhaya Padangustasana (both big toes pose) As with seated versions 32. Urdvha Mukha Paschimottanasana (upward facing paschimo) -> 33. Setu Bandhasana (bridge building pose) → Jump back

Now the finishing sequence

34. Urdvha Dhanurasana (upward bow – Lift 5 times) 35. Paschimottanasana (intense stretch – 10 breaths.) 36. Savasana (corpse) 37. Salamba Sarvangasana (Shoulderstand – 10 – 25 breaths) 38. Halasana (plow) 39. Karnapidasana (ear pressure) 40. Urdvha Padmasana (upward lotus) Since leaving Shoulder Stand we use eight breaths until headstand 41. Pindasana in Sarvangasana (embryo) 42. Matsyasana (fish.) 43. Uttana Padasana (intense stretched feet or legs) 44. Sirsasana (headstand A = 10 - 50 breaths B = 10 breaths) -Do Dolphin if the 90° legs in headstand is difficult 45. Balasana (child's pose)

THE FINAL THREE

- 46. Baddha Padmasana (bound lotus and bow 10 breaths) Also called Yoga Mudra
- 47. Padmasana (lotus 10 slow breaths)
- 48. Tolasana (the uplifting scales 10 fierce Ujjaii breaths)
- 49. One more vinyasa to Savasana...
- 50. Savasana (corpse)