Ashtanga list of Primary Series postures

Surya Namaskar A → Surya Namaskar B

STANDING POSTURES

1. Padangusthasana (big toe pose)  
2. Pada Hastasana (hands under feet)  
3. Trikonasana (triangle)  
4. Parivritta Trikonasana (revolved triangle)  
5. Utthita Parsvakonasana (extended side angle)  
6. Parivritta Parsvakonasana (revolved side angle)  
7. Prasarita Padottanasana (wide leg forward fold)  
8. Parsvottonasana (side intense stretch)  
9. Utthita Hasta Padangusthasana (extended hand to big toe)  
10. Ardha Baddha Padma Uttanasana (half bound lotus intense stretch)  
11. Utkatasana (fierce pose)  
12. Virabhadrasana I (warrior)  
13. Virabhadrasana II (warrior)  

The Pairs / Two sets of Twins

14. Dandasana (staff pose)  
15. Paschimottanasana (3 X west intense stretch)  
16. Purvottanasana (east intense stretch)  
17. Ardha Baddha Padma Paschimottanasana (half bound lotus version of paschimottanasana)  
18. Trianga Mukaikapada Paschimottanasana (1 leg folded back, forward fold)  
19. Janu Sirsasana (head to knee pose) A, B & C  

Front of mat balancing postures

10. Ardha Baddha Padma Uttanasana (half bound lotus intense stretch)

SEATED POSTURES

14. Dandasana (staff pose)  
15. Paschimottanasana (3 X west intense stretch)  
16. Purvottanasana (east intense stretch)  
17. Ardha Baddha Padma Paschimottanasana (half bound lotus version of paschimottanasana)  
18. Trianga Mukaikapada Paschimottanasana (1 leg folded back, forward fold)  
19. Janu Sirsasana (head to knee pose) A, B & C

20. Marichyasana A, B C & D

Upright, forward and backwards

After Purvottanasana you enter a vinyasa storm! They are raining down on you. Jump backs and forwards are everywhere you look.

Hip, Knee and Ankle Family:
Flex at the hip, extend at the hip, externally rotate the hip, then internally rotate the hip... then the Janus.

Four postures with a pattern of folding and twisting. Marichi = Son of Brahma

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
25. Garbha Pindasana (embryo in the womb – 9 rolls)
26. Kukkutasana (rooster)
27. Baddha Konasana (bound angle, upright and → fold) → Jump back, vinyasa
28. Upavista Konasana (wide angle seated forward fold) → release feet then lift
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)
32. Urdvha Mukha Paschimottanasana (upward facing paschimo) → Jump back
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)
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)
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)