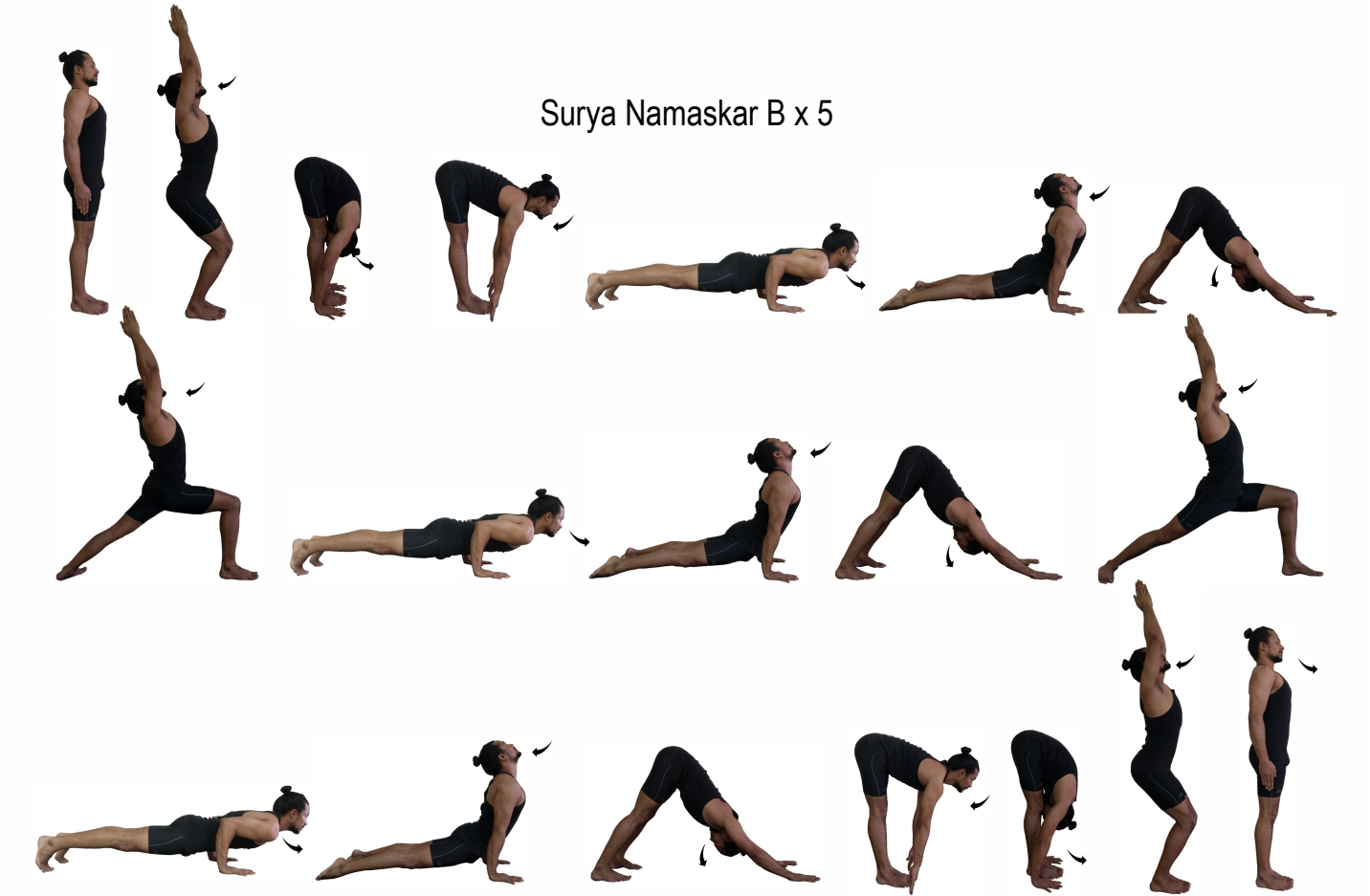
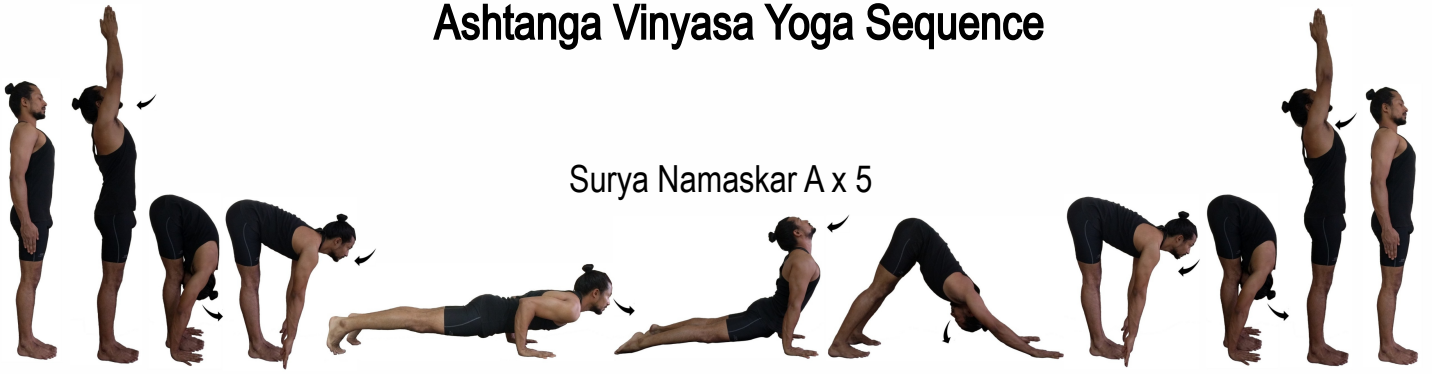
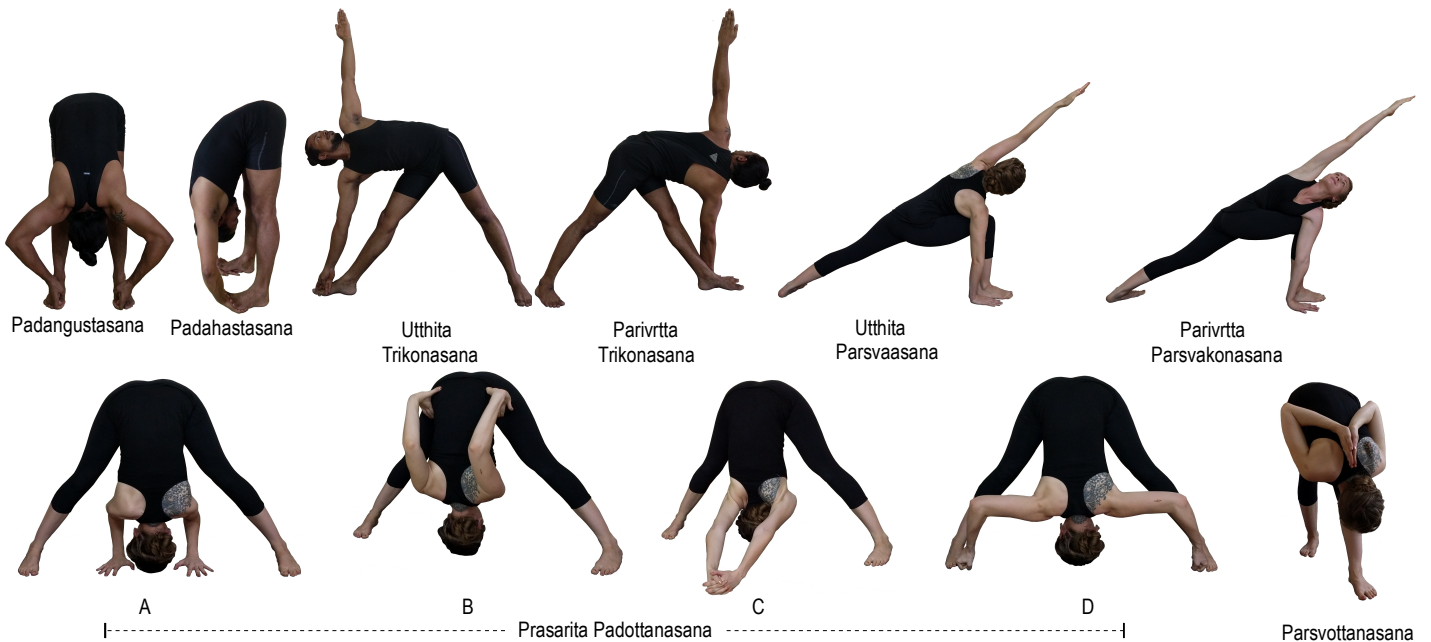


Ashtanga Vinyasa Yoga Sequence



Standing Asana

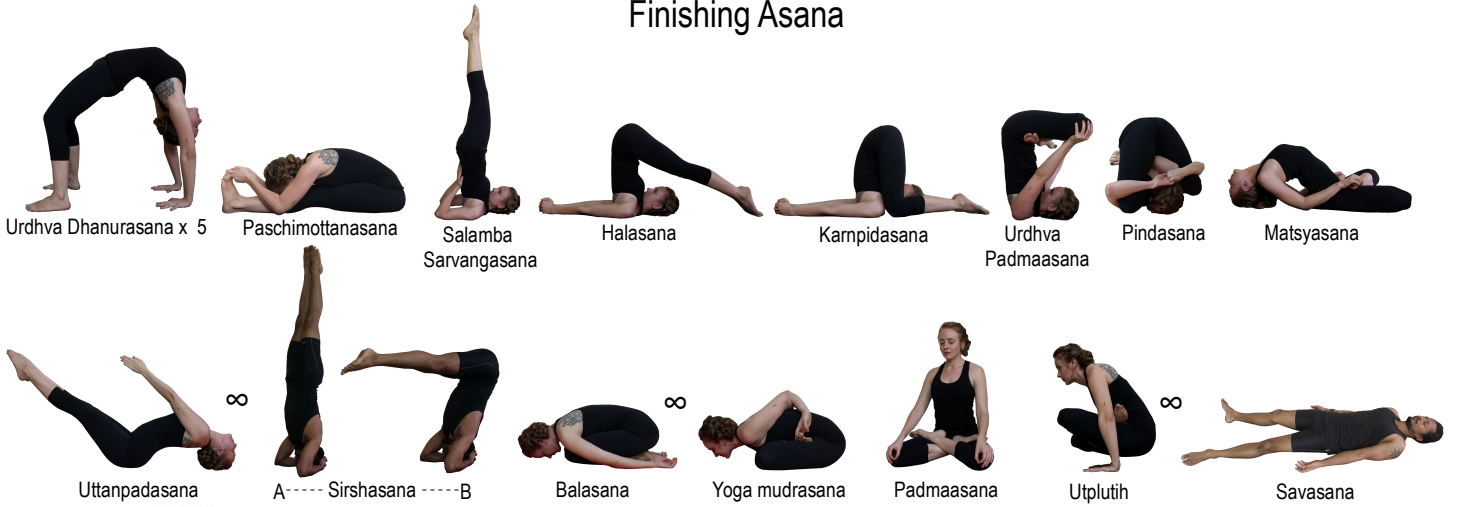


Primary Series

∞ = Jump Back Vinyasa



Finishing Asana



ॐ

vande gurūṇām caraṇāravinde

sandarśitasvātma sukhāva bodhe |

niḥ śreyase jaṅgalikāyamāne

samsāra hālāhala mohaśāntyai ||

ābāhu puruṣākāraṁ

śaṅkhacakrāsi dhāriṇam |

sahasra śirasam śvetam

praṇamāmi patañjalim ||

ॐ

svasti prajābhyah paripālayantām

nyāyena mārgena mahīm mahīśāḥ |

go brāhmaṇebhyaḥ śubhamastu nityam

lokāḥ samastāḥ sukhino bhavantu ||

ॐ

शान्तिः शान्तिः शान्तिः