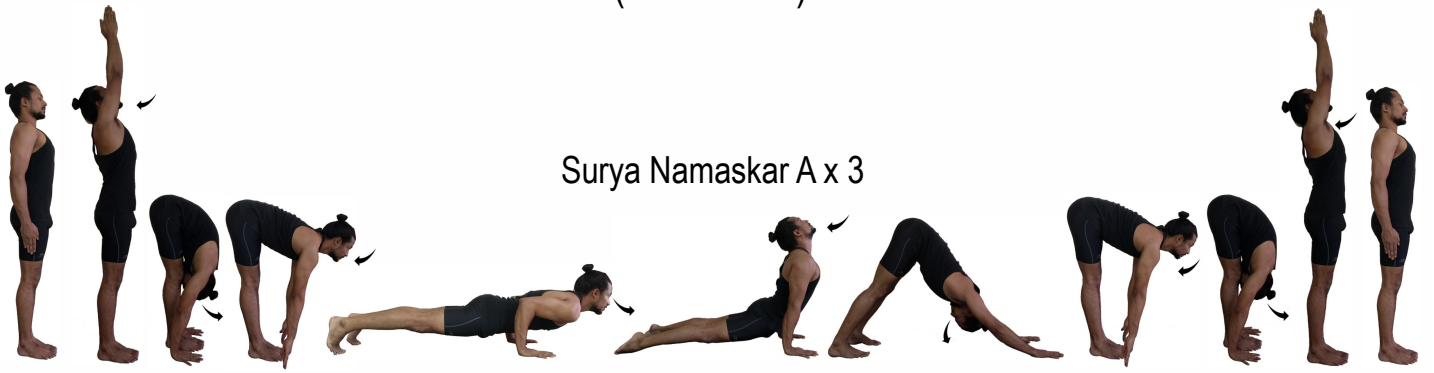
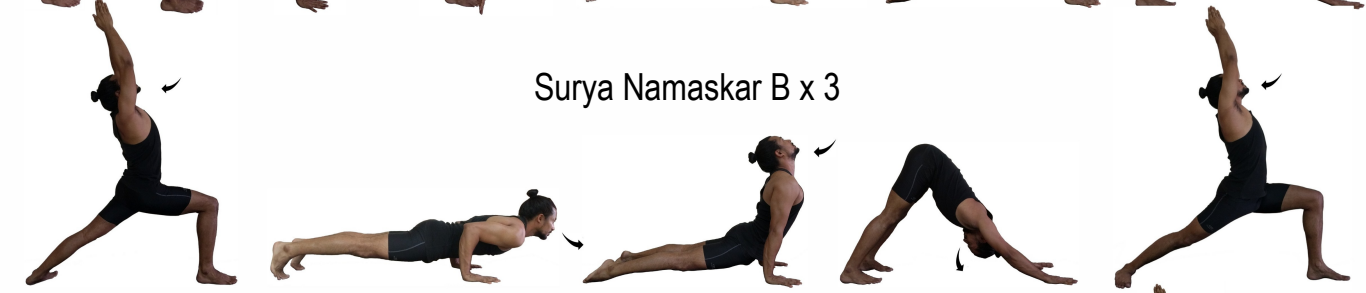


# Ashtanga Vinyasa Yoga Short Sequence (45 minutes)



## Surya Namaskar B x 3



∞ = Jump Back Vinyasa





## Opening Mantra

ॐ

vande gurūṇām caraṇāravinde  
 sandarśitasvātma sukhāva bodhe |  
 niḥ śreyase jaṅgalikāyamāne  
 saṃsāra hālāhala mohaśāntyai ||  
 ābāhu puruṣākāraṃ  
 śaṅkhacakrāsi dhāriṇam |  
 sahasra śīrasaṃ śvetam  
 praṇamāmi patañjalim ||

## Closing Mantra

ॐ

svasti prajābhyaḥ paripālayantām  
 nyāyena mārgena mahīm mahīśāḥ |  
 go brāhmaṇebhyaḥ śubhamastu nityam  
 lokāḥ samastāḥ sukhino bhavantu ||

ॐ

शान्तिः शान्तिः शान्तिः