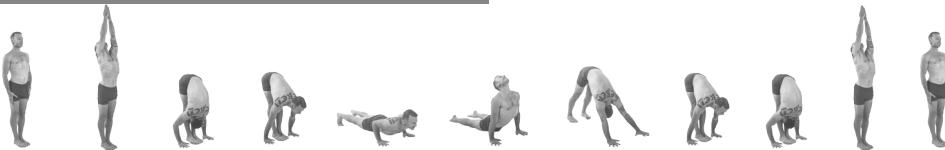


ASHTANGA YOGA INTERMEDIATE SERIES

Asanas Demonstrated by David Robson



SŪRYANAMASKĀRA A



SŪRYANAMASKĀRA B



FUNDAMENTAL ASANAS



Pādāṅguṣṭhāsana



Pādahastāsana



Utthitatrikoṇāsana A



B



Utthitapārśvakonāsana A



B



Prasāritapādottanāsana A



B



C



D



Pārvottanāsana



Pāsāsana



Krounchasana



Śalabhbhāsana A



B



Bhekāsana



Dhanurāsana



Pārvatīdhānurāsana



Ustrāsana



Laghuvajrāsana



Kapotāsana A



B



BACKBENDING SEQUENCE



CLOSING SEQUENCE ASANAS



A.Y.C.T
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CENTRE OF TORONTO