

Sri BNS IYENGAR B.Sc

YOGAVISHARADA YOGARATHNAKARA

Mysore Krishnamachar Yogashala TRADITIONAL ASTHANGA VINYASA YOGA

PRIMARY SERIES

SITTING ASANAS *Continued*



Navasana
5 Breaths
... 3 times ...
See the toes



Lalasana
after each
'Get up'



Bhujapindasana
5 Breaths



head to floor
5 Breaths



transition through Tithibhasana



Kumasana
5 Breaths



Supta Kumasana
5 Breaths



Garba Pindasana
5 Breaths See the nose



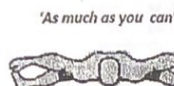
9 rollings, 1 circle
'Single Breaths'



Kukkutasana
5 Breaths



Baddha Konasana 5 Breaths
Sit tall, Bow forward, head to floor



Upavishta Konasana
5 Breaths chin to floor



Urdhva Upavishta Konasana
5 Breaths Look up



Supta Konasana
5 Breaths



Upavishta Konasana
5 Breaths chin to floor



Supta Padangusthasana
5 Breaths each

A B C



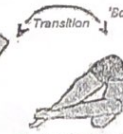
See the A big toe
B opp side



Chakrasana
Backwards Roll



Urdhva Padangusthasana
Look up



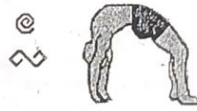
Urdhva Mukha Paschimotanasana
5 Breaths head to knees



Supta Parivrita Padangusthasana
5 Breaths See the toes



Setu Bandhasana
5 Breaths see the nose



Urdhva Dhanurasana
5 Breaths see the nose



Paschimottasana
10 breaths See the nose/navel

Finishing Asanas



Salamba Sarvangasana
10 Breaths
See the toes



Halasana
5 Breaths
See the navel



Kamapidasana
5 Breaths
See the navel



Urdhva Padmasana
5 Breaths
see the navel



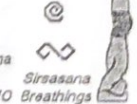
Pindasana
5 Breaths
see the navel



Matsyasana
5 Breaths
Look up



Uttana Padmasana
5 Breaths
Look up



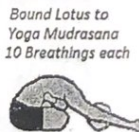
Sirsasana
10 Breaths



First Position
10 Breaths



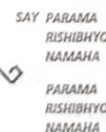
Padmasana
Ujjayi Pranayama
20 Breaths
Long & Loud



Bound Lotus to
Yoga Mudrasana
10 Breaths each



Uplathi
10 Breaths



SAY PARAMA
RISHIBHYO
NAMAH
PARAMA
RISHIBHYO
NAMAH



TAKE REST
Savasana 10-30 minutes