## Aştanga Yoga – Yoga Chikitsa (Primary Series / 1st Series)

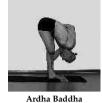


Utkatasana









Utthita Hasta Pādāṅguṣṭh⊄sana A & Utthita Parśvasahita

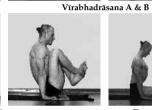


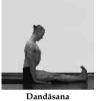








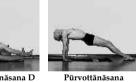














Paśchimottanāsana



Paśchimottanāsana B







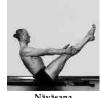






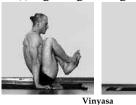






Nāvāsana ©AshtangaYoga.info

## Astanga Yoga - Yoga Chikitsa (Primary Series / 1st Series)



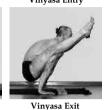


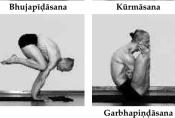




















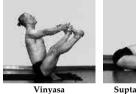








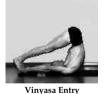




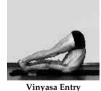














Urdhva Mukha

Paśchimottanāsana









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Marīchāsana B