

**SURYA
NAMASKARA
A & B**

ASHTANGA YOGA PRIMARY SERIES

A



B



STANDING SEQUENCE



SARAI HARVEY-SMITH
WWW.SARAI HARVEYSMITH.COM

SEATED SEQUENCE



FINISHING SEQUENCE





Childs Pose



Cat



Down Dog



Rag Doll



Half Moon



Back Bend



Hands to Feet



Awkward 1



Awkward 2



Awkward 3



Twisting Awkward



Eagle



Std Head to Knee



Std Bow



Balancing Stick



Separate Leg Stretch A B C



Triangle



Side Angle



Extended Triangle



Twisting Triangle



Sep Leg Head to Knee



Tree A B C



Toe Stand



Staff



Seated Forward Fold



half Hero Stretch



Seated Head to Knee



Sage Pose



Twisting Sage Pose



Table Top



Boat



Plank



Side Plank



Cobra



Locust



Bow



Pigeon



Sleeping Hero



Half Tortoise



Camel



Rabbit



Wind Relieving



Supine Twist



Wind Relieving



Savasana

Wake Up and Flow Sequence



www.jasonyoga.com
[Illustrations by MCKIBILLO]

Release Lower Back Tension



www.jasonyoga.com
[Illustrations by MCKIBILLO]

Arms, Shoulders, Upper Body

Warm up : Sun Salutation – Traditional (5x)
Sun Salutation B (2x)

Standing Pose :

- 1) Warrior I
- 2) Warrior II
- 3) Humble Warrior
- 4) *High Lunge + twist
- 5) Goddess legs + Cow face arms
- 6) Eagle pose / Garudasana
- 7) *Prasarita A
- 8) *Prasarita C

Sitting Pose :

- 1) Plank pose (Straight arms)
- 2) Boat pose
- 3) *Crow pose
- 4) Mayurasana
- 5) Camel pose
- 6) *Parighasana / Gate pose
- 7) ..
- 8) *Puppy pose
- 9) Cobra pose
- 10) *Frog pose
- 11) King Cobra
- 12) *Ardha Matsyendrasana
- 13) Paschimottanasana
(seated forward bend)

Closing :

- 1) Sarvangasana / Shoulder pose
- 2) Halasana
- 3) Matsyasana
- 4) Yoga mudra

Anulom vilom, Meditation, Shavasana



High lunge + twist



Prasarita A



Parighasana



Prasarita C



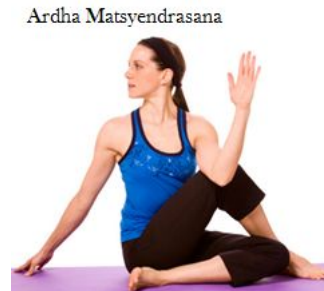
Crow pose



Puppy pose



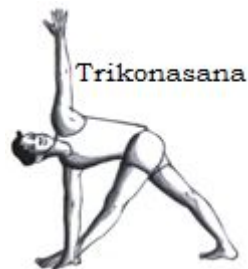
Frog pose



Ardha Matsyendrasana

Leg and hips yoga

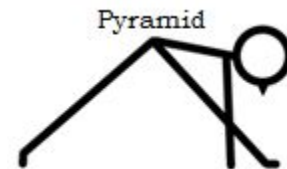
- Warm up** : Sun Salutation – Traditional (5x)
- Standing** :
- 1) *Trikonasana / Triangle pose
 - 2) *Parsvakonasana / Side Angle
 - 3) *Parsvottanasana / Pyramid pose
 - 4) Utkatasana chair + twist chair
 - 5) Prasarita Padottanasana C
 - 6) High lunge + twist
- Floor** :
- 1) *Baddhakonasana / Bound Angle
 - 2) *Upavishta Konasana / wide legged
 - 3) ..
 - 4) *Ubhaya Padangustana
 - 5) *Akarna Dhanurasana
 - 6) Dragon pose
 - 7) *Dragon twist
 - 8) *Ardha Hanumanasana / Half split
 - 9) *Hanumanasana / split
 - 10) Camel 2x / Ustrasana
 - 11) Ardha Matsyendrasana
 - 12) Paschimottanasana
(seated forward bend)
- Closing** :
- Sarvangasana
Halasana
Matsyasana
Yoga mudra
Anulom vilom, Shavasana



Trikonasana



Side Angle



Pyramid

Baddhakonasana



Upavishta Konasana



Ubhaya Padangustana

Akarna Dhanurasana



Dragon twist



Ardha Hanumanasana



Hanumanasana



1

Forward Bend



2

Chair Pose



3

Downward Facing Dog



4

Dolphin Pose



5

One Leg Downward Facing Dog (L)



6

One Leg Downward Facing Dog (R)



7

Camel Pose



8

Cobra Pose



9

Upward Facing Dog



10

Forearm Plank



11

Side Forearm Plank (L)



12

Side Forearm Plank (R)



13

Bridge Pose



14

Warrior I



15

Warrior II



16

Warrior III



17

Triangle Pose



18

Tabletop



19

Child's Pose



20

Corpse Pose



SEATED SEQUENCE



Dandasana



Paschimattanasana A



B



C



D



Purvattanasana



Ardha Baddha Padma



Triang Mkhapada



Janu Sirasana A



B



C



Marichyasana A



B



C



D



Navasana (five times with lift)



Bhujapidasana



Kurmasana



Supta Kurmasana



Garba Pindasana



Kukkutasana



Baddha Konasana A



B



Konasana



Upavistha Konasana



Supta Konasana (roll up to balance)



Supta Parsvasahita



Ubhaya Padangusthasana



Urdhva Mukha Paschimattanasana



Setu Bandhasana



Urdhva Dhanurasana



Salamba Sarvangasana



Halasana



Karnapidasana



Urdhva Pindasana



Mathsayasana



Uttana Padasana



Urdhva Dandasana



Sirasana



Baddha Padmasana



Yogimudra



Padmasana



Utpluthi



Savasana

15 Yoga Poses That Will Give You a Flat Belly

Bitilasana
The Cow Pose

30 secs



TADASANA
THE PALM TREE POSE

30 secs



VIKSHASANA
THE TREE POSE

60 secs



PARIVRITA PARSVAKONASANA
REVOLVED SIDE ANGLE POSE

30 secs



ADHO MUKHA SVANASANA
DOWNWARD FACING DOG POSE

60 secs



KUMHAKASANA
THE PLANK POSE

60 secs



60 secs



Eka Pada Adho Mukha Svanasana
One Leg Downward Dog

VASISTHASANA
SIDE PLANK POSE

30 secs



PASCHIMOTTANASANA
THE FORWARD BEND POSE

30 secs



Paripurna navasana
The Boat Pose

60 secs



30 secs



REVERSE TABLE TOP POSE
Ardha Purvottanasana

BHUJANGASANA
THE COBRA POSE

30 secs



DHANURASANA
THE BOW POSE

30 secs



USHTRASANA
THE CAMEL POSE

60 secs

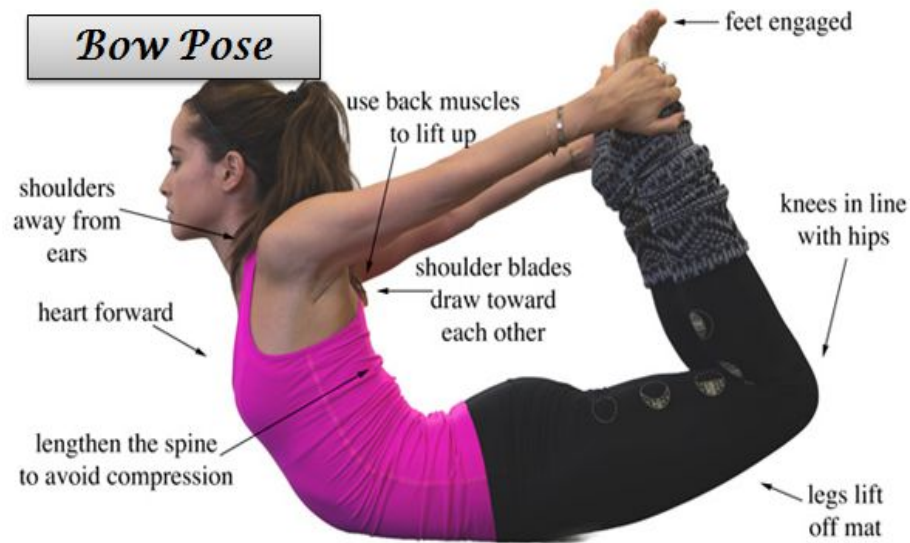


SHAVASANA
THE CORPSE POSE

60 secs



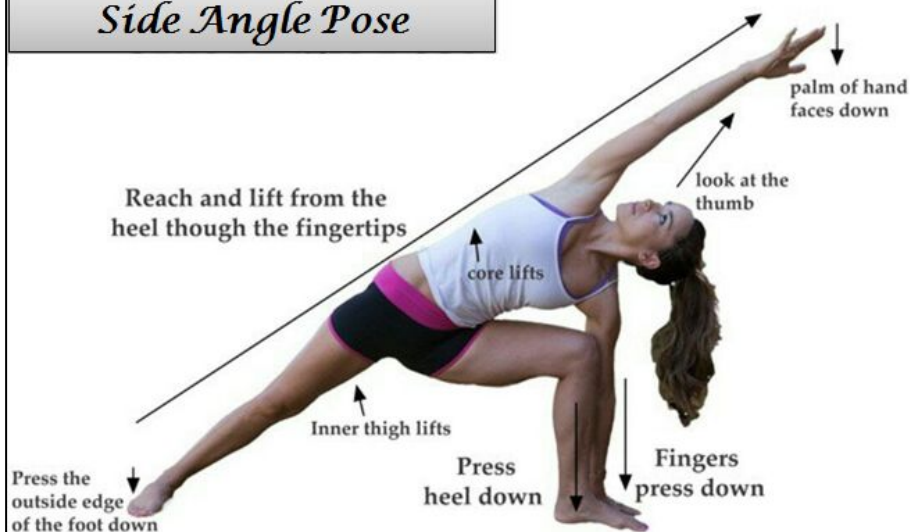
Bow Pose



Inhale, and come into cow pose:



Side Angle Pose



Exhale, and come into cat pose:



Warrior I

1



"Warrior II"

2



Reverse Warrior

4



WARRIOR 3

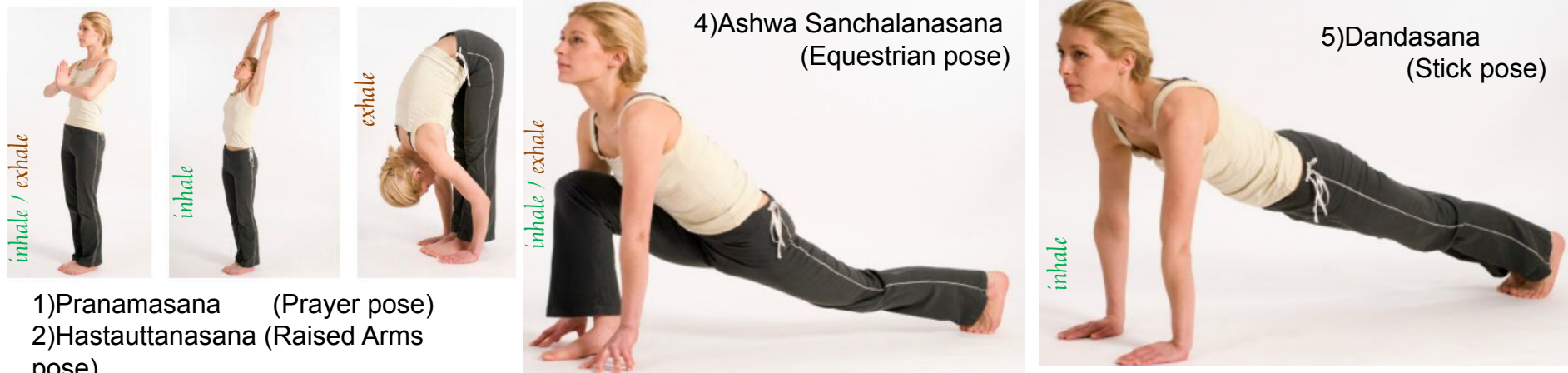
3



Humble Warrior

5





- 1)Pranamasana (Prayer pose)
2)Hastauttanasana (Raised Arms pose)
3)Hasta Padasana (Hand to Foot pose)



4)Ashwa Sanchalanasana (Equestrian pose)



5)Dandasana (Stick pose)



6)Ashtanga Namaskara (Salute With Eight Points)



7)Bhujangasana (Cobra pose)



8)Parvatasana (Mountain pose)



9)Ashwa Sanchalanasana (Equestrian pose)



10)Hasta Padasana (Hand to Foot pose)



11)Hastauttanasana (Raised Arms pose)



12)Tadasana

Surya Namaskar