

KEEN ON YOGA
Ashtanga Yoga
 Primary Series

Sun Salutation A



Sun Salutation B



Standing Sequence



Padangusth
asana



Padahasth
asana



Uttihita
Trikonasana



Parivrta
Trikonasana



Utthita
Parsvakonasana



Parivrta
Parsvakonasana



Prasarita Padottanasana
A



B



C



D



Parsvottanasana



Utthita Hasta Pasangusthasana
A



B



D



Ardha Baddha
Padmottan
asana



Utkatasana



Virabhadrasana
A



B

Seated Sequence



Dandasana



Passchimottanasana
A



B



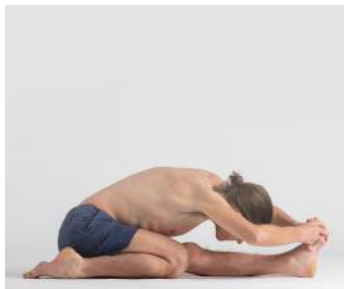
C



Purvattanasana



Ardha Baddha
Padma Paschimottan
asana



Triang Mukha Ek
Pada Paschimottan
asana



Janu Sirsasana
A



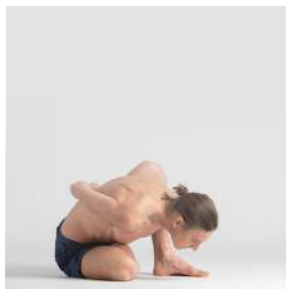
B



C



Marichyasana
A



B



C



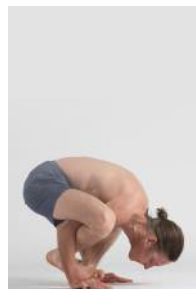
D



Navasana



Bhujapidasana





Kurmasana



Supta Kurmasana



Garbha
Pindasana



Kukkutasana



Baddha Konasana
A



B



C



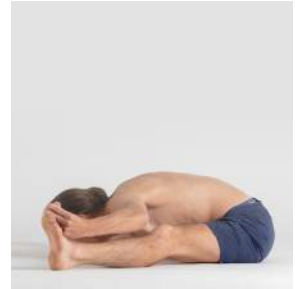
Upavishta Konasana
A



B



Supta Konasana
A



B



Supta Parsvasahita
A



B



Ubhaya
Padangusth
asana



Urdhva Mukha
Paschimattan
asana

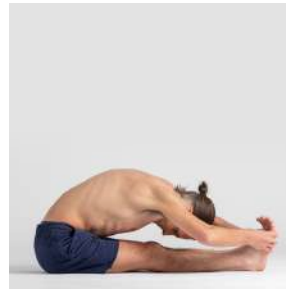


Setu Bandhasana

Finishing Sequence



Urdhva
Dhanurasana



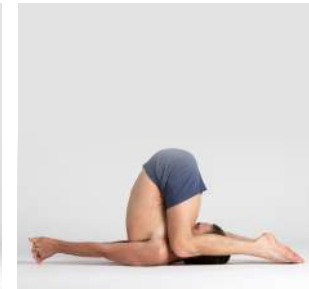
Paschimattanasana



Salamba
Sarvangasana



Halasana



Karnapidasana



Urdhva
Padmasana



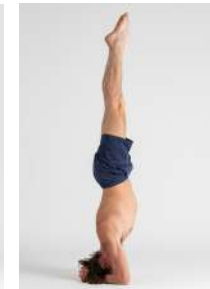
Pindasana



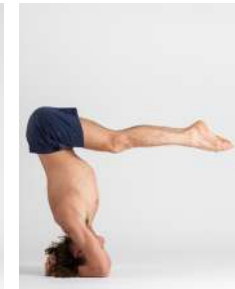
Mathsyasana



Uttana Padasana



Sirsasana



Urdhva
Dansasana



Baddha
Padmasana



Yoga Mudra



Padmasana



Utplutih



Savasana



Samasthiti Urdhva Namashkarasana Uttanasana A B Chaturanga Dandasana Urdhva Mukha Savana Asana Adho Mukha Savana Asana Uttanasana B A Urdhva Namashkarasana Samasthiti



Samasthiti Utkatasana Uttanasana A B Chaturanga Dandasana Urdhva Mukha Savana Asana Adho Mukha Savana Asana Virabhadrasana A Chaturanga Dandasana Urdhva Mukha Savana Asana Adho Mukha Savana Asana Uttanasana B Uttanasana A Utkatasana Samasthiti



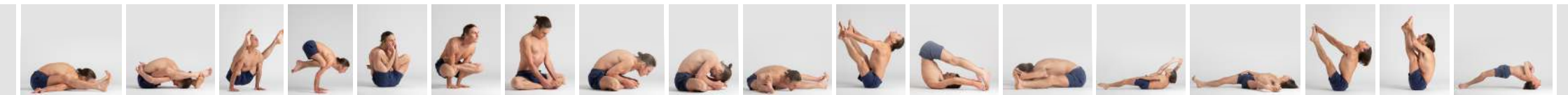
Padangusthasana Padahasthasana Uttihita Trikonasana Parivrtta Trikonasana Utthita Parsvakonasana Parivrtta Parsvakonasana Prasarita Padottanasana A B C D Parsvottanasana



Utthita Hasta Pasangusthasana A B D Ardha Baddha Padmottanasana Utkatasana Virabhadrasana A B



Dandasana Passchimottanasana A B C Purvattanasana Ardha Baddha Padma Paschimottanasana Triang Mukha Ek Pada Paschimottanasana Janu Sirsasana A B C Marichyasana A B C D Navasana Bhujapidasana



Kurmasana Supta Kurmasana Garbha Pindasana Kukkutasana Baddha Konasana A B C Upavishta Konasana A B Supta Konasana A B Supta Parsvasahita A B Ubhaya Padangusthasana Urdhva Mukha Paschimattanasana Setu Bandhasana



Urdhva Dhanurasana Paschmattanasana Salamba Sarvangasana Halasana Karnapidasana Urdhva Padmasana Pindasana Mathsyasana Uttana Padasana Sirsasana Urdhva Dansasana Baddha Padmasana Yoga Mudra Padmasana Utpluthih Savasana