

~ Do as much as you can. ~

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Primary Series (the first series of Vinyasa Ashtanga Yoga) **Part 1 / 2**



• Utthita Hasta Padangusthasana A • Utthita Parsvasahita • Utthita Hasta Padan. B • C • + • Ardha Baddha Padmottanasana • + • +



• Utkatasana • Virabratrasana A • B • C • D • Dandasana • Pashimottanasana A •



• Purvottanasana • Pashimottanasana B • Purvottanasana • lift up • Ardha Baddha Padma Pashimottanasana •



• Triang Mukha Eka Pada Pashimottan. • Janu Sirsasana A • B • C • Marichyasana A •

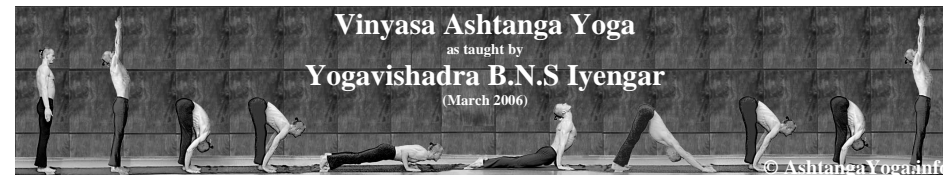


• Marichyasana B • C • D • repeat 3-5 x {Navasana • lift up} •

~ Don't take more food than you can digest! First you perfect one Asana, then you learn the next one. ~

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• = other side; + = come to Samasthiti; ☞ = Vinyasa; ☞ = Chakrasana; • = next photo; * = don't stay in this position;



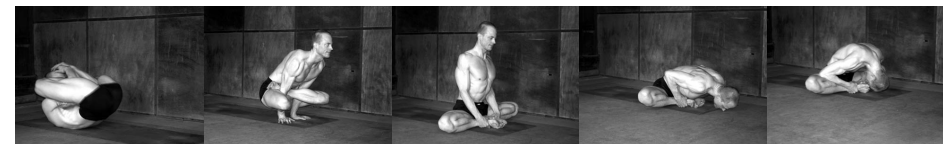
~ Supta Kurmasana is the turtle that pulls its head and limbs into its house. The back gets so strong that an elephant can stand on it. ~

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Primary Series (the first series of Vinyasa Ashtanga Yoga) **Part 2 / 2**



• Bhuja Pindasana A • B • Kurmasana • Supta Kurmasana • Garba Pindasana A •



• Garba Pindasana B* (roll 9 x, 360° clockwise) • Kukkutasana • Baddha Konasana A • Baddha Konasana B • Baddha Konasana C •



• Upavistha Konasana A • Upavistha Konasana B • Supta Konasana • roll up • touch down •



• lift up • Supta Padangusthasana A • B • Urdhva Muka Pashimottanasana • Ubhaya Padangusthasana •



• roll back • change hands • roll up • Urdhva Muka Pashimottanasana • Supta Parivrita Padangusthasana • Setu Bandhasana •

~ Setu Bandhasana is the bridge between humanity and divinity. ~

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