Sun Salutations

Ashtanga Yoga Primary Series

www.merchantcityyoga.com







Standing Sequence



Padangushtasana (Hold big toes) 5 breaths Drishti nose



Pada Hastasana (Hands under feet) 5 breaths Drishti nose



Utthita Trikonasana 5 breaths R ~ L Drishti hand



Parivrta Trikonasana 5 breaths R ~ L Drishti hand



Utthita Parshvakonasana 5 breaths R ~ L Drishti hand



Parivrta Parshvakonasana 5 breaths R ~ L Drishti hand



Prasarita Padottanasana A 5 breaths Drishti nose



Prasarita Padottanasana B 5 breaths Drishti nose



Prasarita Padottanasana C 5 breaths Drishti nose



Prasarita Padottanasana D 5 breaths Drishti nose



Parshvottanasana (Hands in reverse prayer) 5 breaths R ~ L Drishti nose



Utthita Hasta Padangushtasana 5 breaths each position R ~ L Drishti toes, out to the side



Ardha Baddha Padmottanasana (Half lotus) 5 breaths R ~ L Drishti nose



Utkatasana 5 breaths Drishti thumbs



Virabhadrasana A 5 breaths R ~ L Drishti thumbs



Virabhadrasana B 5 breaths L ~ R Drishti hand

Primary Series



Dandasana 5 breaths Drishti toes

Pashimottanasana A (Hold big toes) 5 breaths Drishti toes



Pashimottanasana B

Drishti toes





Drishti nose or 3rd eye

Ardha Baddha Padma Pashimottanasana 5 breaths R ~ L Drishti toes



Triang Mukha Ekapada Pashimottanasana 5 breaths R ~ L Drishti toes



Janushirshasana A (Foot to inner thigh) 5 breaths R ~ L Drishti toes



(Heel to anus) 5 breaths R ~ L Drishti toes

Janushirshasana C (Arch of foot to inner thigh) 5 breaths R ~ L Drishti toes











Marichyasana C 5 breaths R ~ L Drishti over shoulder



Marichyasana D Navasana (Left leg into half 5 times, 5 breaths lotus first) Drishti toes 5 breaths R ~ L



Bhujapidasana (Inhaling, jump feet around arms)



(Exhaling lower) 5 breaths Drishti nose



Kurmasana

5 breaths

Drishti 3rd eye

Supta Kurmasana 5 breaths Drishti 3rd eye



Titibasana ~ Bakasana

~ Vinyasa

Garbha Pindasana 5 breaths ~ roll 9 times clockwise Drishti nose



Kukkutasana 5 breaths Drishti nose



Baddha Konasana (Fold forward) 5 breaths Drishti nose





Upavishta Konasana (Fold forward) 5 breaths Drishti nose



Drishti over shoulder

(Balance) 5 breaths Drishti upward



Supta Konasana 5 breaths Drishti nose



1 breath



Supta Padangushtasana 5 breaths Drishti toes

Titibasana ~ Bakasana



5 breaths Drishti to the side

Finishing Sequence



Chakrasana (Inhale to roll ~ vinyasa)



Ubhaya Padangushtasana 5 breaths Drishti upward



Urdhva Mukha Pashimottanasana 5 breaths Drishti toes





Chakrasana (Inhale to roll ~ vinyasa)



Urdhva Dhanurasana 3-5 times, 5 breaths Drishti nose



Chakrasana (Inhale to roll ~ vinyasa)



Pashimottanasana 10 breaths Drishti toes



Salamba Sarvangasana 10-25 breaths Drishti nose



Karnapidasana 8-10 breaths Drishti nose





Pindasana 8-10 breaths Drishti nose



Uttana Padasana 10 breaths Drishti nose



Shirshasana 10-25 breaths Drishti nose





Balasana 10 breaths



Baddha Padmasana 10 breaths Drishti 3rd eye



Padmasana (Jnana mudra) 10-25 breaths Drishti nose



Uthpluthi 10 breaths Drishti nose



Take rest 7-10 minutes



