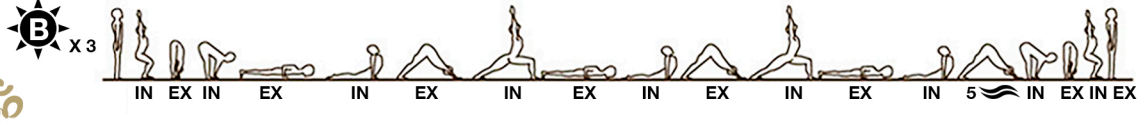
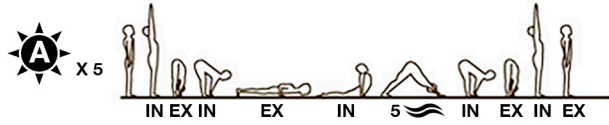


ASHTANGA YOGA

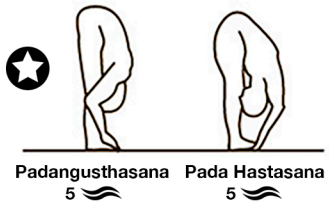
© CYRIL LAGEL © YOGI DELICIOUS

YOGA CHIKITSA
Primary Series

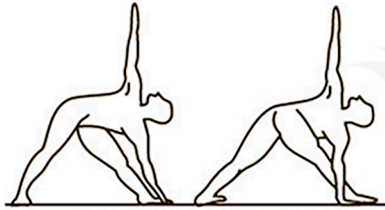
ॐ Vande Gurunām Caranāravinde
Sandarsita Svātma Sukhāva bodhe
Nih sreyase Jāngalikāyamāne
Samsāra hālāhala mohashāntyai
ābāhu purusākāram
Shankhacakrasi dhārinam
Sahasra sirasam svetam
Pranamāmi patanjalinm ॐ



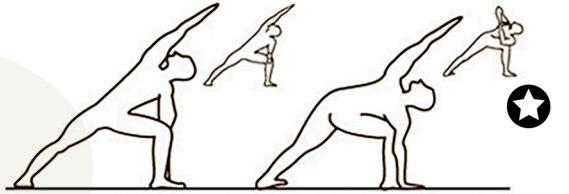
Standing Postures



Padangusthasana 5
Pada Hastasana 5 | nose



Utthita Trikonasana A 5 (right/left)
Utthita Trikonasana B 5 (right/left) | hand



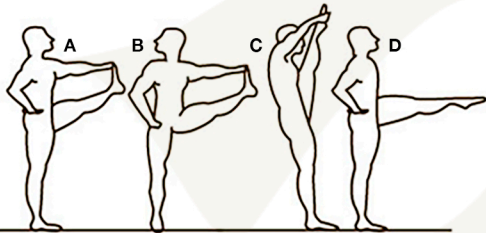
Utthita Parshvakonasana A 5 (right/left)
Utthita Parshvakonasana B 5 (right/left) | hand



Prasarita Padottanasana A, B, C, D | nose



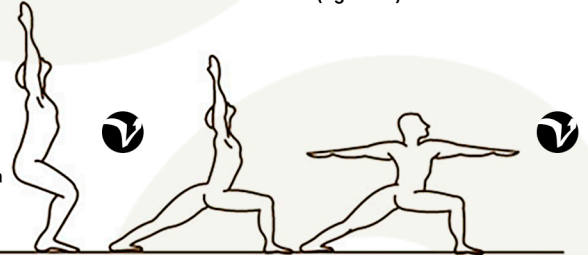
Parshvottanasana 5 (right/left) | toes



Utthita Hasta Padangusthasana 5 (right/left)
A-C-D | toes B | side



Ardha Baddha Padmottanasana 5 | toes



Utkatasana 5
Virabhadrasana A 5 (right/left) | thumbs
Virabhadrasana B 5 (right/left) | side

Primary Series



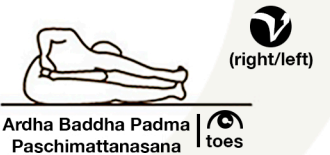
Dandasana 5 | nose



Pachimattanasana A, C | toes



Purvattanasana 5 | nose



Ardha Baddha Padma Paschimattanasana 5 (right/left) | toes



Triang Mukhaekapada Paschimattanasana 5 (right/left) | toes



Janu Shirshasana A, B, C 5 (right/left) | toes



Marichyasana A, B, C, D 5 (right/left) | toes



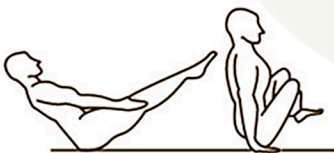
Marichyasana A | nose



Marichyasana B | side



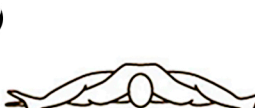
Marichyasana C | side



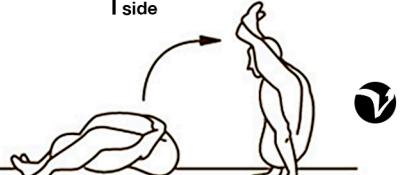
Navasana / Up 5 (x5) | toes



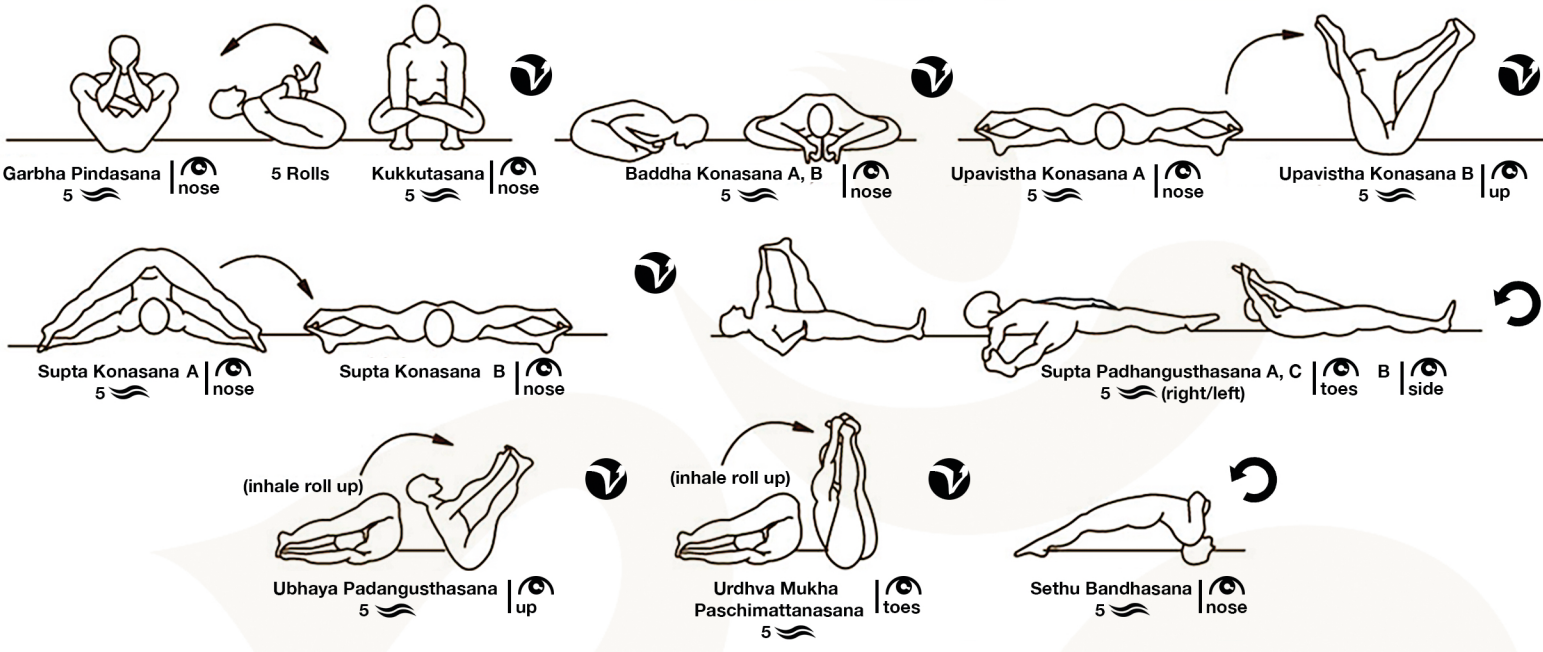
Bhujapidasana 5 | nose



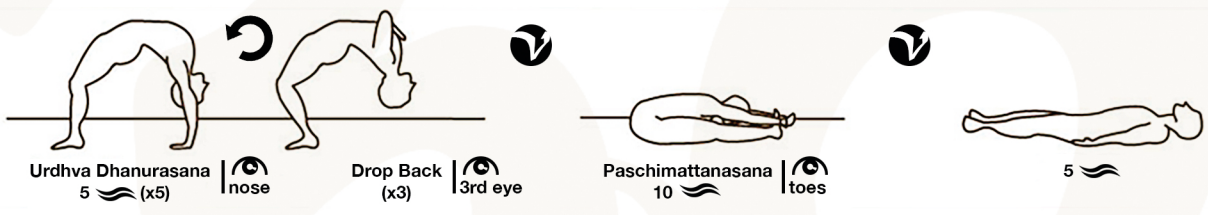
Kurmasana 5 | nose



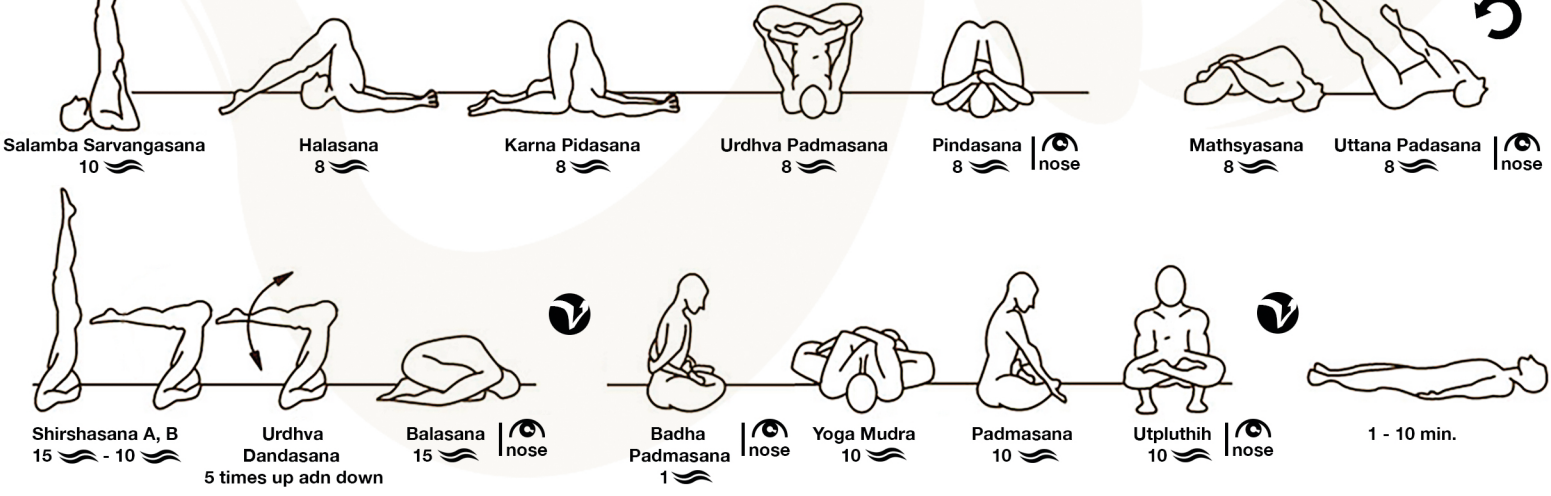
Supta Kurmasana 5 | nose



Back Bending



Closing Sequence



ॐ Svastiprajābhyah Paripālayantām / Nyāyena Mārgena mahīm Mahisāh
Gobrāhmanebhyah Subhamastu Nityam / Lokāsamastāh Sukhinobhavanthu

ॐ Sāntih, Sāntih, Sāntih



"This sheet is to help for memorize the sequence of the Primary Series and basic vinyasa, in no way to learn how to make a new asana, which must be learned under the supervision of a qualified teacher"

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