

Primary Series Sequence

"A" Sun Salutations x5



"B" Sun Salutations x5



Standing Series

Padangustasana
5 breaths
👁️ nose or navel

Padahastasana
5 breaths
👁️ nose or navel

Utthita Trikonasana
5 breaths (Right, Left)
👁️ hand

Parvrita Trikonasana
5 breaths (Right, Left)
👁️ hand

Utthita Parshvakonasana
5 breaths (Right, Left)
👁️ hand

Parvrita (twist) Parshvakonasana
5 breaths (Right, Left)
👁️ skv. hand or fingers

Prasarita Padottanasana A, B, C, D
5 breaths in each
👁️ nose or navel

Parshvottanasana
5 breaths (Right, Left)
👁️ nose or big toe

Utthita Hasta Padangustasana A, B, C, D
5 breaths (Right, Left)
👁️ A: big toe, B: distant spot, C: big toe, D: big toe

Ardha Badha Padmottanasana (Right, Left)
5 breaths
👁️ nose

Utkatasana
5 breaths
👁️ hands

Virabhadrasana A
5 breaths (Right, Left)
👁️ hands

Virabhadrasana B
5 breaths (Left, Right)
👁️ distant spot

one inhale from downward dog to Utkatasana

one exhale to chaturanga dandasana (push up)

Seated Series

Dandasana
5 breaths
👁️ toes

Paschimattanasana A
5 breaths
👁️ big toes

Paschimattanasana B
5 breaths
👁️ outside of feet

Paschimattanasana C
5 breaths
👁️ interlace fingers or grab wrist

Purvottanasana
5 breaths
👁️ 3rd eye or distant spot

Ardha Baddha Padma Paschimattanasana (Right lotus, Left lotus)
5 breaths
👁️ big toe

Triangmukhaekapada paschimattanasana (Right back, Left back)
5 breaths
👁️ big toe

Janu Shirshasana A (Right up, Left up)
5 breaths
👁️ big toe

Janu Shirshasana B (Right up, Left up)
5 breaths
👁️ big toe

Janu Shirshasana C (Right up, Left up)
5 breaths
👁️ (thighs 45° angle)

Marichyasana A (Right up, Left up)
5 breaths
👁️ big toe

Marichyasana B (Right lotus, Left lotus)
5 breaths
👁️ nose

Marichyasana C (Right up, Left up)
5 breaths
👁️ distant spot

Marichyasana D (Right lotus, Left lotus)
5 breaths
👁️ distant spot

continued on other side

🌀 Vinyasa 👁️ Drishti T jump to top of mat (samastithi)

Primary Series Sequence - Sheet 2

Seated Series - continued

Navasana
3-5 breaths x 3-5 times
lift off after each
toes/nose

transition
inhale

Bhujapidasana
5 breaths
nose, then feet

tithibhasana
transition

Kurmasana
5 breaths
3rd eye

Supta Kurmasana
5 breaths
3rd eye

Garbha Pindasana
5 breaths
nose

9 rolls clockwise

Kukkutasana
5 breaths
nose

Baddha Konasana A,B,C
A, Sit Tall, B: Bow Forward, C: Head to Feet
5 breaths

Upavishta Konasana
5 breaths
3rd eye

Urdhva Upavishta Konasana
5 breaths
3rd eye

Supta Konasana
5 breaths
nose

transition
exhale to Upavishta Konasana

Supta Padangustasana A,B,C
(Right ABC, Left ABC)
5 breaths
A: big toe, B: distant spot, C: big toe

Urdhva Mukha Paschimattanasana
5 breaths
toes

Ubhaya Padangusthasana
5 breaths
3rd eye (face up)

Urdhva Dhanurasana
3x-5 breaths each
nose

Setu Bandhasana
5 breaths
nose

Paschimattanasana
10 breaths
nose or navel

advanced back bends (drop backs with teacher) are done before Paschimattanasana optional

Finishing Series

Lie Down (Mudra)
10-15 breaths (Engage Bandhas)
eyes open

Salamba Sarvangasana
10-25 breaths
nose or navel

Halasana
8-10 breaths
nose or navel

Karnapidasana
8-10 breaths
nose or navel

Urdhva Padmasana
8-10 breaths
nose or navel

Pindasana
8-10 breaths
nose or navel

Matsyasana
8-10 breaths
3rd eye

Uttanapadasana
8-10 breaths
3rd eye or nose

Shirshasana
10-25 breaths
nose

inhale legsup to vertical
exhale legs brush floor 5 times

Balasana
2 minutes breathing
forehead on floor

Yoga Mudra
10 breaths
third eye

Padmasana (lotus)
25 breaths
deep breathing

Utplutih
10-25 breaths
nose

savasana
10-30 minutes

om, shantih namaste

Chakrasana Vinyasa Drishti