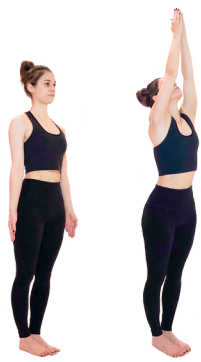


# Première Série d'Ashtanga Yoga

Primary Series // Aṣṭāṅga Yoga Cikitsā



Samasthithi Urdhva Hastasana



Uttanasana



Ardha Uttanasana



Caturanga Daṇḍāsana



Urdhva Mukha Śvānāsana



Adho Mukha Śvānāsana  
[5 breaths]



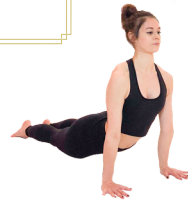
Sūrya Namaskāra A x5 [1 āsana = 1 breath]

## Transitions

- \*S Samasthiti    \*R Roll into
- \*V Vinyāsa      \*C Cakrāsana
- \*L Lift up



Utkaṭāsana



Virabhadrāsana A  
[right side]



[left side]



[5 breaths]



Sūrya Namaskāra B x5 [1 āsana = 1 breath]



Pādaṅguṣṭhāsana Pādahastāsana



\*S



Utthita Trikonāsana



Parivṛtta Trikonāsana

\*S



Utthita Pārśvakonāsana



Parivṛtta Pārśvakonāsana

\*S



A



B



C

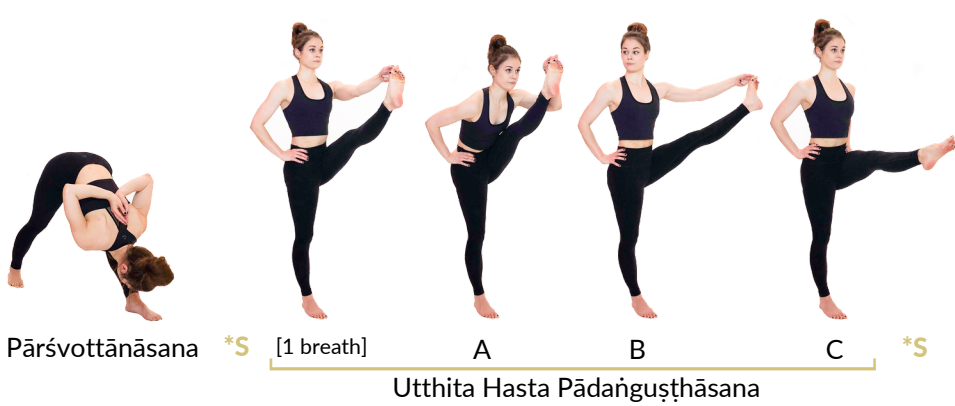


D

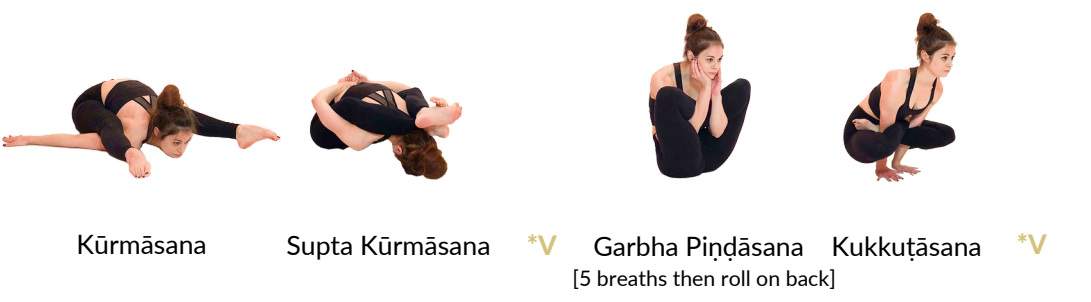
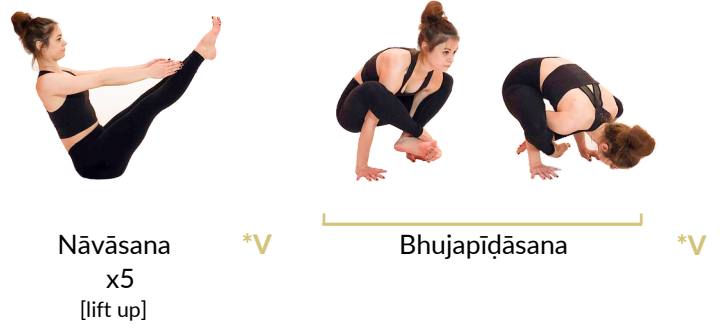
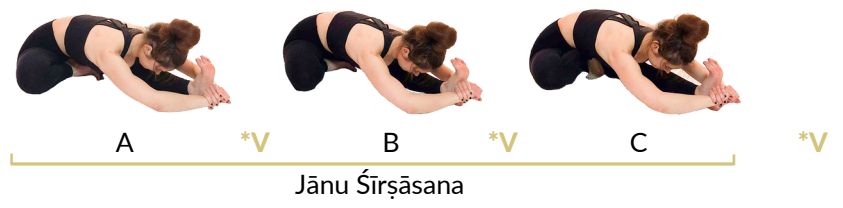
\*S

Prasārita Padottanāsana

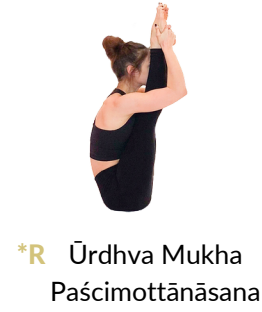
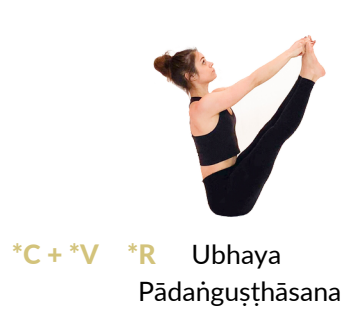
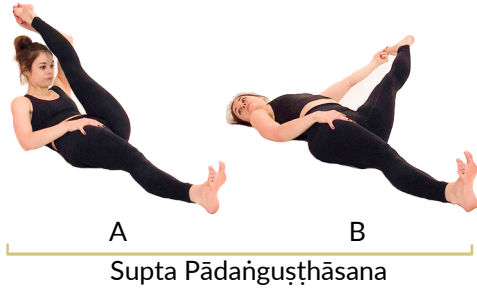
Standing Sequence [1 āsana = 5 breaths]



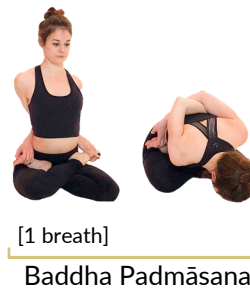
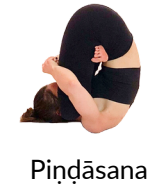
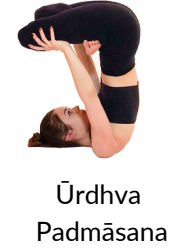
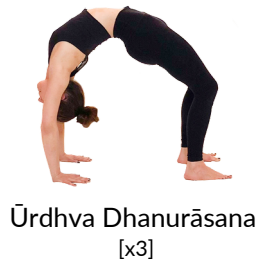
Standing Sequence [1 āsana = 5 breaths]



Seated Sequence [1 āsana = 5 breaths]



Seated Sequence [1 āsana = 5 breaths]



Closing Sequence [1 āsana = 5-10 breaths]