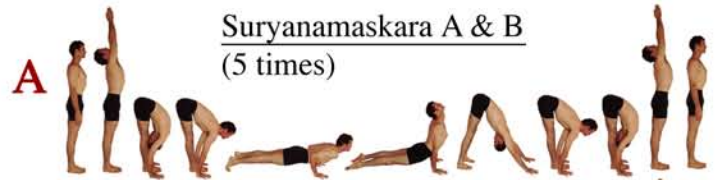




ASHTANGA YOGA VICTORIA

Primary Series Sequence

With humble thanks and eternal reverence to our teacher Sri K. Pattabhi Jois of Mysore, India.
Om Sri Gurubhyo Namaha



Fundamental Asanas



Pādāṅguṣṭhāsana Pādā Haṣṭāsana Utthita Trikoṇāsana A Utthita Trikoṇāsana B Utthita Pārśvakoṇāsana A Utthita Pārśvakoṇāsana B



Prasārita Padottānāsana A Prasārita Padottānāsana B Prasārita Padottānāsana C Prasārita Padottānāsana D Pārśvottānāsana

Primary Series Postures



A B C Ardha Baddha Padmottānāsana Utkaṭāsana Vīrabhadrāsana A Vīrabhadrāsana B



Paschimattānāsana (Preparation) Paschimattānāsana A Paschimattānāsana B Pūrvattānāsana



Ardha Baddha Padma Paschimattānāsana Triang Mukhaekapāda Paschimattānāsana Jānu Śīrṣāsana A Jānu Śīrṣāsana B Jānu Śīrṣāsana C

“99% Practice,
1% Theory!”

“You take practice,
you think God”
Sri K. Pattabhi Jois



ASHTANGA YOGA VICTORIA

Primary Series Sequence

With humble thanks and eternal reverence to
our teacher Sri K. Pattabhi Jois of Mysore, India.
Om Sri Gurubhyo Namaha

Primary Series Postures Continued



Marichyasana A



Marichyasana B



Marichyasana C



Marichyasana D



Navasana



Bujapidasana



Kurmāsana



Supta Kurmāsana



Garbha Pinḍāsana



Kukkuṭāsana



Baddha Koṅāsana A



Baddha Koṅāsana B



Upaviṣṭha Koṅāsana A



Upaviṣṭha Koṅāsana B



Supta Koṅāsana



Supta Pādānguṣṭhāsana A



Supta Pādānguṣṭhāsana



Ubhaya
Pādānguṣṭhāsana



Ūrdhva Mukha
Paschimattānāsana



Setu Bandhāsana



Ūrdhva Dhanurāsana

Closing Sequence



Sālamba Sarvāṅgāsana



Halāsana



Karṇapīdāsana



Ūrdhva Padmāsana



Piṅḍāsana



Mathsyāsana

Final 3 Closing Postures



Yoga Mudra



Padmāsana



Utplutih



Śavāsana (Take Rest)



Uttāna Pādāsana



Śīrṣāsana A



Śīrṣāsana B