

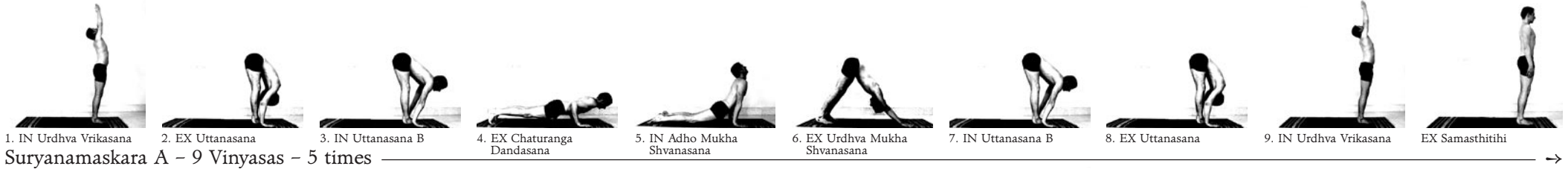
ASHTANGA VINYASA YOGA

Primary Series – Yoga Chikitsa (Yoga therapy)

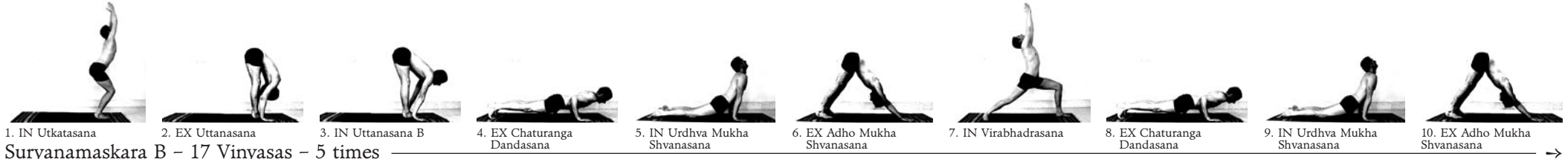


OPENING MANTRA

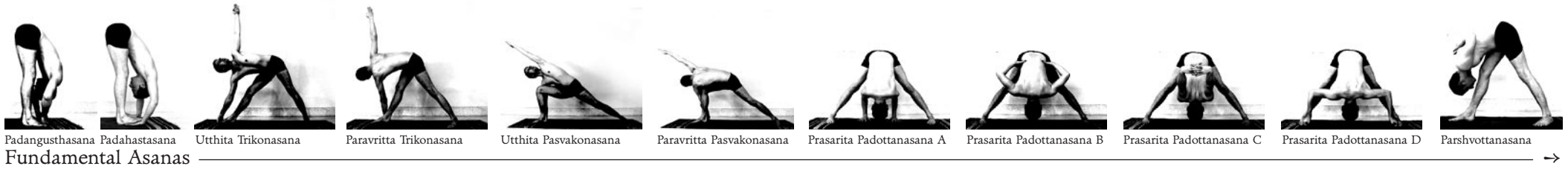
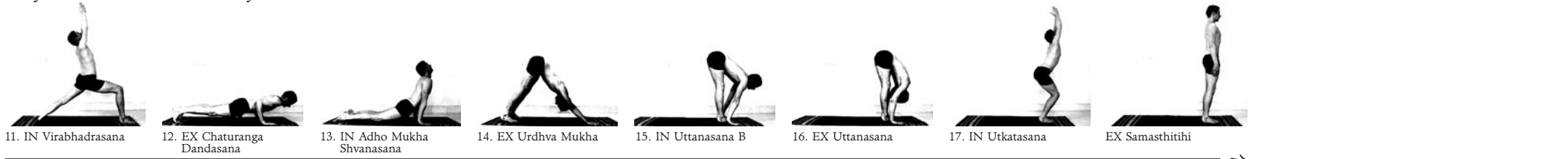
Om / Vande Gurunam charanaravinde / Sandarshita svatmasukubodhe /
Nishreyase jangalikayamane / Samsara halahala mohashantyai /
Abahu Purushakaram / Shankhacakrsi dahrinam / Sahasra sirasam svetam /
Pranamami patanjali / Om



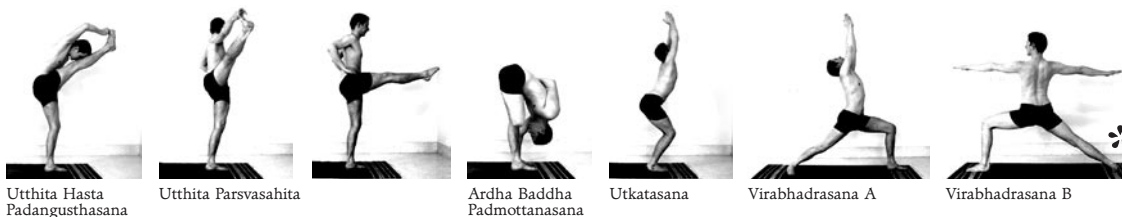
Suryanamaskara A – 9 Vinyasas – 5 times



Suryanamaskara B – 17 Vinyasas – 5 times

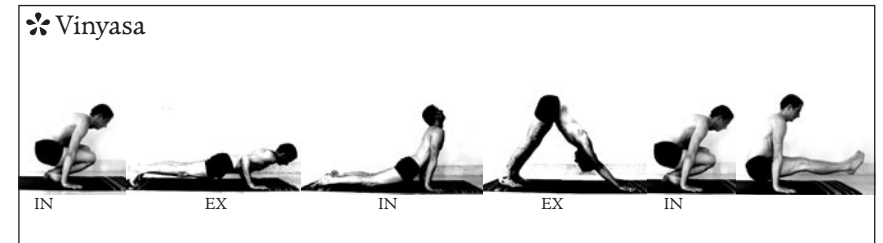


Fundamental Asanas



Primary Series – Yoga Chikitsa

Seite 2 →





Dandasana
Sitting Asanas



Paschimattanasana A



Paschimattanasana B



Paschimattanasana C



Paschimattanasana D



Purvottanasana



Ardha Baddha Padma
Paschimattanasana



Tiriang Mukha Ekapada
Paschimattanasana



Janushirshasana A



Janushirshasana B



Janushirshasana C



Marichyasana A



Marichyasana B



Marichyasana C



Marichyasana D



Navasana 5 times



Bhujapidasana entry



Bhujapidasana



Kurmasana



Supta Kurmasana



Exit Kurmasana IN



Exit Kurmasana EX



Garbha Pindasana



exhale Head in



rolling 9 times



Kukkutasana



Baddhakonasana A



Baddhakonasana B



Upavishta Konasana A



Upavishta Konasana B



Supta Konasana A



IN roll up



EX land



Supta Padangushtasana



Supta Parsvasahita



Chakrasana



IN roll up



Ubhaya Padangushtasana



Entry ->



IN roll up



EX Urdhva Mukkha
Paschimattanasana



Setu Bandhasana



Chakrasana



Urdhva Danurasana 3 times



Chakrasana



Paschimattanasana



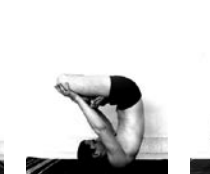
Salamba Sarvangasana



Halasana



Karnapidasana



Urdhva Padmasana



Pindasana



Mathsyasana



Uttana Padasana



Chakrasana



Shirshasana A



Ardha Shirshasana



Shirshasana B

Balasana



Baddha Padmasana



Yoga Mudra



Panmasana



Padmasana



Utpluthee



MANGALA MANTRA

Om
Svasti praja bhyaha pari pala yantam
Nya yena margena mahi mahishaha
Go brahmanebhyaha shubamastu nityam
Lokah samastah sukhino bhavantu
Om - Om shanti shanti shanti

Prayer



Shavasana 10-15 minutes

