

Primary Series Sequence

"A" Sun Salutations x5



Standing Series

Padangustasana
5 breaths
nose or navel

Padahastasana
5 breaths
nose or navel

Utthita Trikonasana
5 breaths (Right, Left)
hand

Parvritta Trikonasana
5 breaths (Right, Left)
hand

Utthita Parshvakonasana
5 breaths (Right, Left)
hand

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

Parshvotannasana
5 breaths (Right, Left)
nose or big toe

Utthita Hasta Padangustasana A, B, C, D
A: big toe, B: distant spot, C: big toe, D: big toe

Arzha Badha
(Right, Left)
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
big toes
big toe

Paschimattanasana B
outside of feet
bia toe

Paschimattanasana C
5 breaths
interlace fingers or grab wrist
bia toe

Purvottanasana
3rd eye or distant spot

Arzha Baddha Padma Paschimattanasana

Janu Shirshasana A
(Right up, Left up)
big toe

Janu Shirshasana B
big toe

Janu Shirshasana C
(thighs 45° angle)

Marichyasana A
(Right up, Left up)
big toe

Marichyasana B
(Right up, Left up)

Marichyasana C
(Right up, Left up)

Marichyasana D
(Right lotus, Left lotus)

continued on other side

Wipasa Drishti

T jump to top of mat (samastithi)