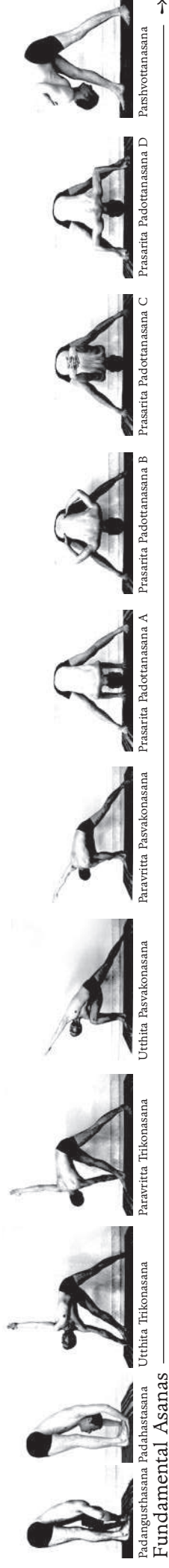
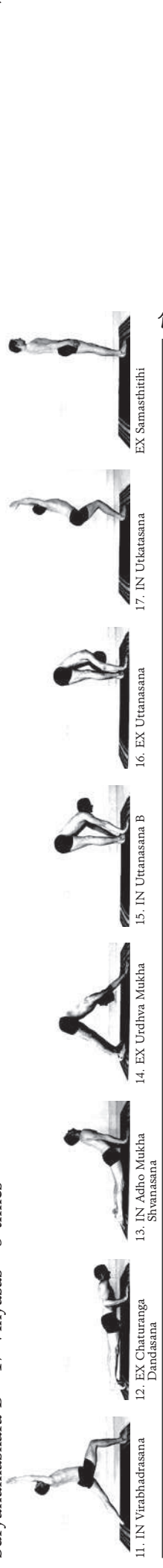
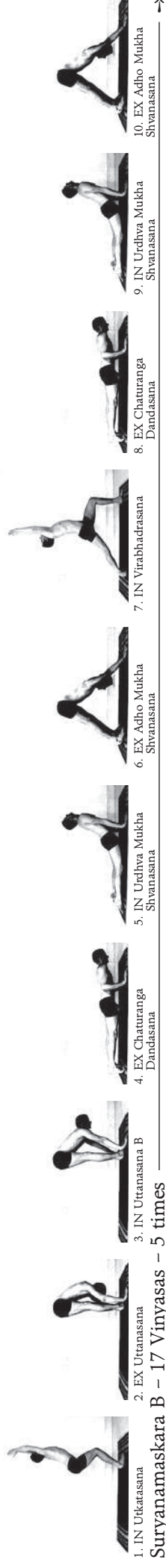
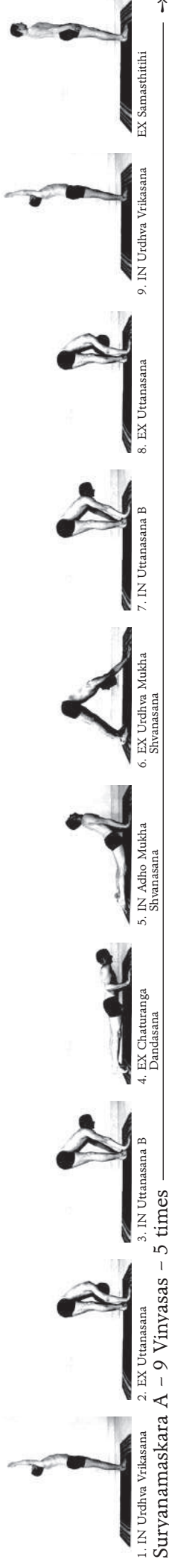


# ASHTANGA VINYASA YOGA

## Primary Series – Yoga Chikitsa (Yoga therapy)

### OPENING MANTRA

Om / Vande Gurunam charanaravinde / Sandarshta svatmasukubodhe /  
Nishreyase jangaitkayamane / Samsara halahala mohashantyai /  
Abahu Purushakaram / Shankhacakrsi dahrinam / Sahasra sirasam svetam /  
Pranamami patañjaliṃ / Om



Primary Series – Yoga Chikitsa

Seite 2 →



Dandasana

## Sitting Asanas



Paschimattanasana A



Paschimattanasana B



Paschimattanasana C



Janushirshasana A



Janushirshasana B



Janushirshasana C



Marichyasana A



Marichyasana B



Marichyasana C



Purvottanasana



Ardha Baddha Padma Paschimattanasana



Tiriyang Mukha Ekapada Paschimattanasana



Janushirshasana A



Janushirshasana B



Janushirshasana C



Marichyasana A



Marichyasana B



Marichyasana C



Purvottanasana



Ardha Baddha Padma Paschimattanasana



Tiriyang Mukha Ekapada Paschimattanasana



Navasana 5 times



Bhujangasana entry



Bhujangasana entry



Bhujangasana entry



Bhujangasana entry



Bhujangasana entry



Bhujangasana entry



Bhujangasana entry



Kurmasana



Supta Kurmasana



Exit Kurmasana IN



Exit Kurmasana EX



Garbha Pindasana



rolling 9 times



Kukkutasana



Baddhakonasana A



Baddhakonasana B



Upavishtha Konasana A



Upavishtha Konasana B



Supta Konasana A



Supta Konasana B



Supta Padangushthasana



Supta Parsvasahita



Chakrasana



IN roll up



Ubhaya Padangushthasana



IN roll up



EX Urdhva Mukha Paschimattanasana



Setu Bandhasana



Chakrasana



Urdhva Danurasana 3 times



Chakrasana



Paschimattanasana



Shirshasana A



Ardha Shirshasana



Balasana



Yoga Mudra



Panmasana



Padmasana



Upluthee



Uttana Padasana



Chakrasana



Shirshasana A



Ardha Shirshasana



Shavasana 10-15 minutes



Baddha Padmasana



Yoga Mudra



Panmasana



Padmasana



Upluthee



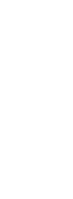
Uttana Padasana



Chakrasana



Shirshasana A



Ardha Shirshasana



Shavasana 10-15 minutes

## MANGALA MANTRA

Om

Svasti praja bhyaha pari pala yantam

Nya yena margena mahi mahishaha

Go brahmanebhyaha shubramastu nityam

Lokah samastah sukhino bhavantu

Om - Om shanti shanti shanti

Prayer