Primary Series Sequence

Standing Series

- Padangusthasana (5 breaths)
  - Nose or navel
- Padahastasana (5 breaths)
  - Nose or navel
- Uttihita Trikonasana (5 breaths)
  - Right, Left hand
- Parvritta Trikonasana (5 breaths)
  - Right, Left hand
- Uttihita Parshvakonasana (5 breaths)
  - Right, Left hand
  - Skv. hand or fingers (4)

Prasarita Padottanasana A, B, C, D

- 5 breaths in each
  - Nose or navel
  - A: big toe
  - B: distant spot
  - C: big toe
  - D: big toe

Ardha Badha Padma (Right, Left)

Utkatasana (5 breaths)

- Hands

Virabhadrassana A

- 5 breaths (Right, Left)
  - Hands

Virabhadrassana B

- 5 breaths (Left, Right)
  - Distant spot

Seated Series

- Dandasana
  - 5 breaths
  - Toes

- Paschimottanasana A
  - Big toes
  - Outside of feet

- Paschimottanasana B
  - Big toe

- Paschimottanasana C
  - 5 breaths
  - Interface fingers or grab wrist
  - Big toe

- Purvottanasana

- Ardha Baddha Padma (Paschimottanasana)

- Janu Sirshasana A
  - Right up, Left up

- Janu Sirshasana B

- Janu Sirshasana C

Marichyasana A

- Right up, Left up

Marichyasana B

- Right lotus, Left lotus

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