

Primary Series Sequence - Sheet 2

Seated Series - continued

Navasana
3-5 breaths x 3-5 times
lift off after each
toes/nose

transition
inhale

Bhujapidasana
nose, then feet

tithibhasana
transition

Kurmasana
5 breaths
3rd eye

Supta Kurmasana
5 breaths
3rd eye

Garbha Pindasana
5 breaths
nose

9 rolls clockwise

Kukkutasana
5 breaths
nose

Baddha Konasana A,B,C
A, Sit Tall, B: Bow Forward, C: Head to Feet
5 breaths

Urdha Upavishta Konasana
3rd eye

Supta Konasana
5 breaths
nose

transition
exhale to Upavishta Konasana

Supta Padangustasana A,B,C
(Right ABC, Left ABC)
A: big toe, B: distant spot, C: big toe

Ubhaya Padangusthasana
3rd eye (face up)

transition
(inhale roll up)

Urdha Mukha Paschimattanasana
toes

Setu Bandhasana
5 breaths
nose

Urdha Dhanurasana
3x - 5 breaths each
nose

Paschimattanasana
10 breaths
nose or navel

advanced back bends (drop backs with teacher) are done before Paschimattanasana optional

Finishing Series

Lie Down (Mudra)
10-15 breaths (Engage Bandhas)
eyes open

Salamba Sarvangasana
10-25 breaths

Halasana
8-10 breaths
nose or navel

Karnapidasana

Urdha Padmasana

Matsyasana
8-10 breaths
3rd eye

8-10 breaths
3rd eye or nose

inhale legsup to vertical
exhale legs brush floor
5 times

Yoga Mudra
10 breaths
third eye

Padmasana (lotus)
25 breaths
deep breathing

Utplutih
10-25 breaths
nose

savasana
10-30 minutes

om, shantih namaste

Chakrasa Vyasa Dishi