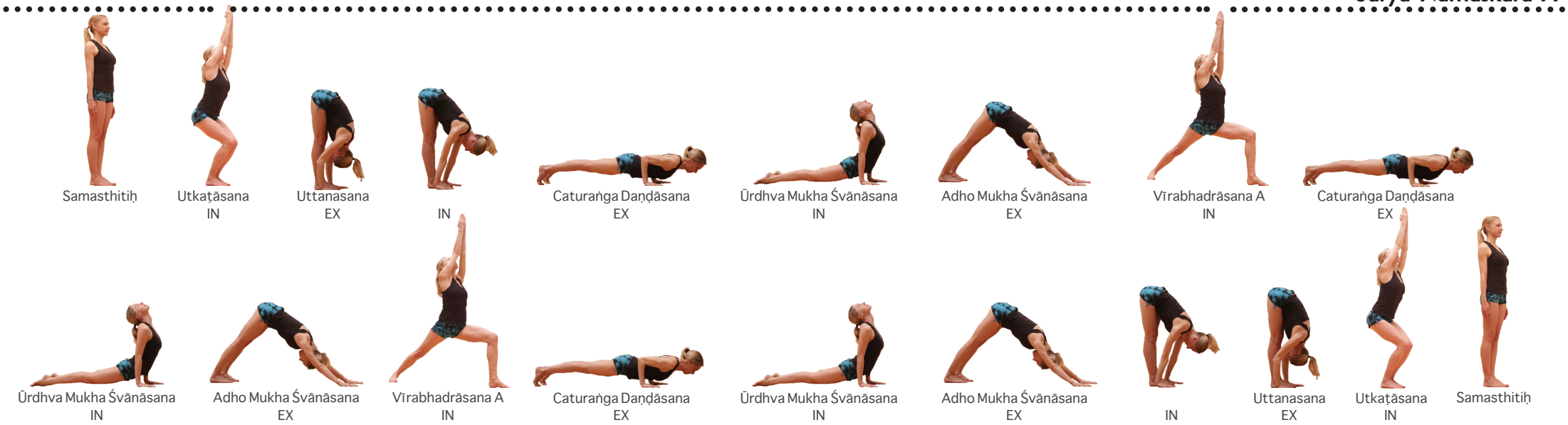
Ashtānga Yoga Chikitsā
Primary Series

Sūrya Namaskāra A

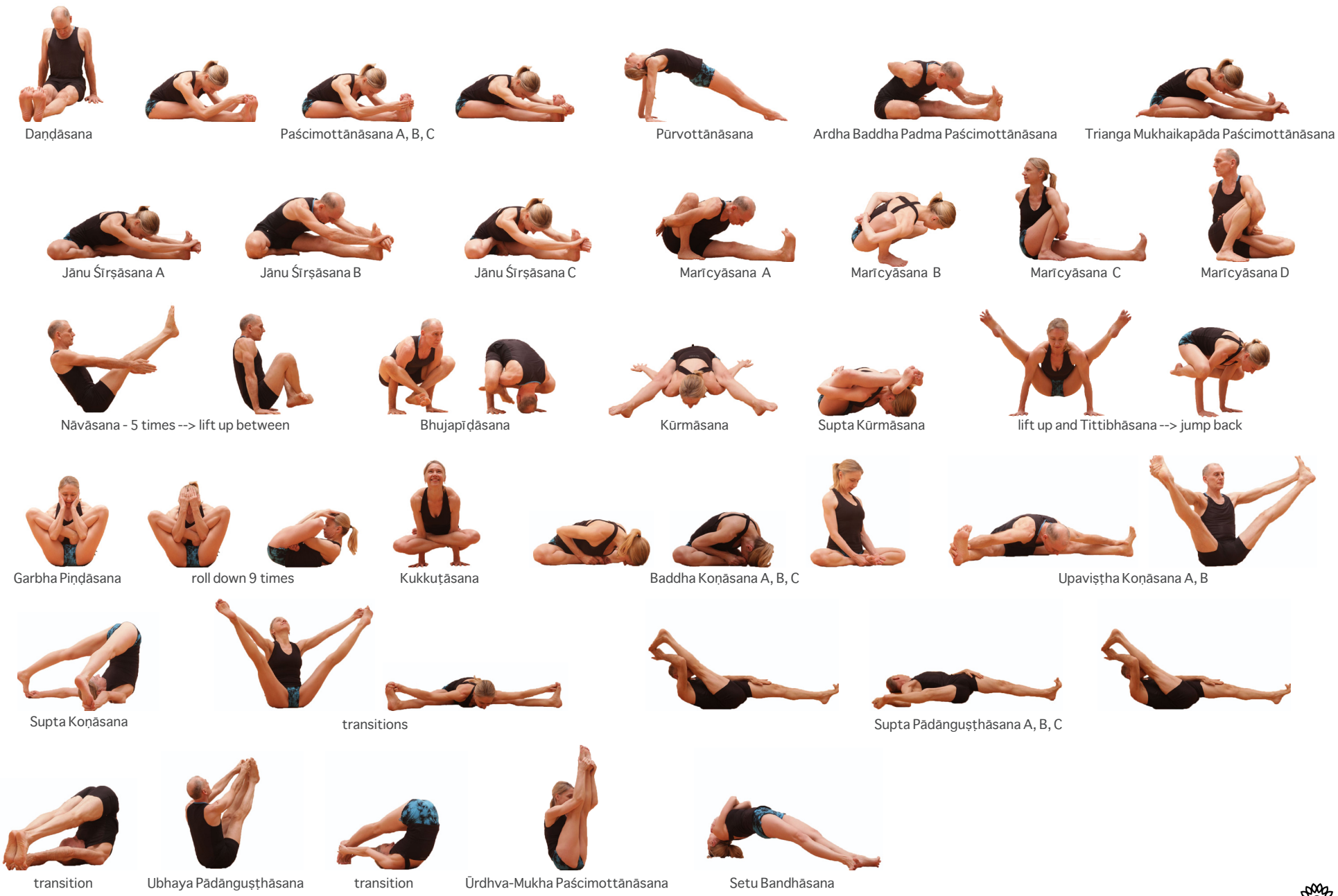


Sūrya Namaskāra B

ASHTANGA YOGA PARIS

Standing Sequence

Ashtānga Yoga Chikitsā
Primary Series



ASHTANGA YOGA PARIS

Sitting Postures

Ashtānga Yoga Chikitsā
Primary Series

Ūrdhva Dhanurāsana
3 times --> 5 breaths

Drop Backs
for experienced practitioners

Adho Mukha Vrksasana
for experienced practitioners

Paścimottānāsana
10 breaths

Sālamba Sarvāṅgāsana
10-25 breaths

Halāsana
10 breaths

Karṇapīḍāsana
10 breaths

Ūrdhva Padmāsana

Piṇḍāsana

Matsyāsana

Uttāna Pādāsana

Śīrṣāsana
10-25 breaths

Urdhva Daṇḍāsana
10 breaths

Bālāsana

Yoga-Mudrā
10 breaths

Baddha Padmāsana
5-10 breaths

Panmasana
5-10 breaths

Padmāsana
10 breaths

Utplutiḥ
10-20 breaths

Śavāsana
10-30 minutes

ASHTANGA YOGA PARIS

Finishing Sequence