

Ashtanga Yoga

as instructed by Shri K. Pattabhi Jois

1

Basic Elements

Sequence of 71 poses

Flow, or linking of poses

Vinyasa

Coordinated breath

Four segments:

Sun salutations

Standing series

Primary series

Closing sequence

Bandhas

Mula (at perineum)

Uddiyana (lower abs)

Jalandhara (throat lock)

Ujjayi breath

Dristi

Adjustments

Opening Chant

OM

Vande Gurunam

Caranaravinde

Sandarsita Svatma

Sukhavabodhe

Nihisreyase

Jangalikalayamane

Samsara Halahala

Mohasantyal

Abahu

Purusakaram

Sankhacakrasi

Dharinam

Sahasra Sirasam

Svetam

Pranamami

Patanjalim

OM

OM

I bow to the lotus feet of the teachers,

which awakens the vision of God within me, bringing peace and joy,

and to the Holy man

who shows me how to resolve the delusional cycle of birth and death.

I envision the form of a man's body

holding a conch symbolizing the holy sound, a discus symbolizing the wheel of time, and a sword, symbolizing discrimination.

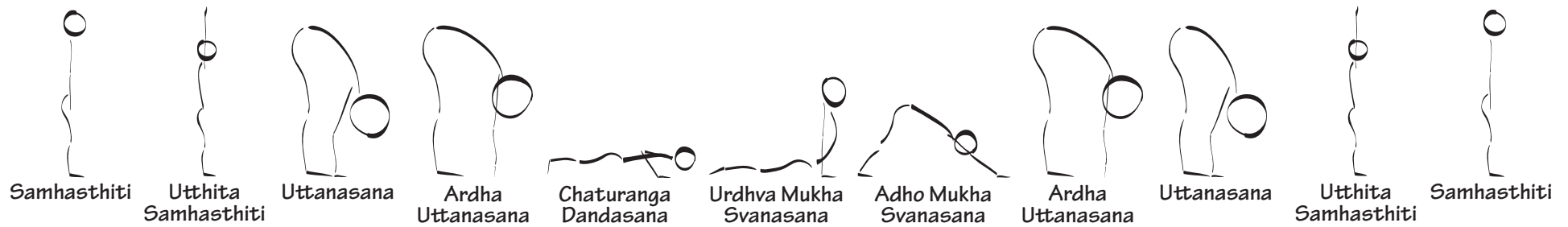
With a thousand radiant heads

I bow to Patanjali.

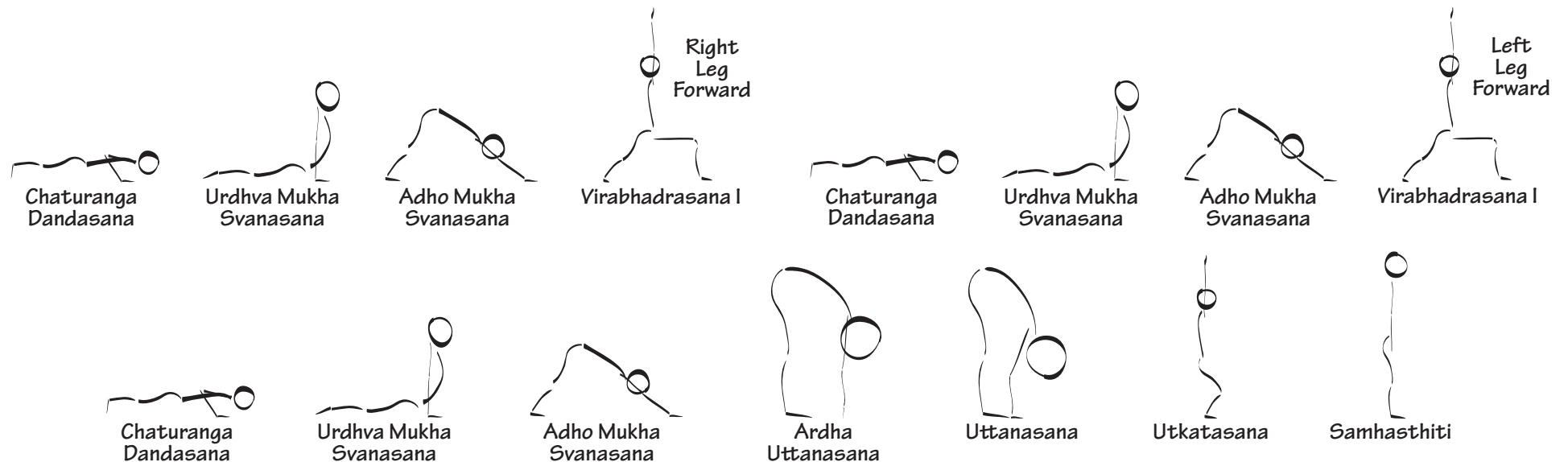
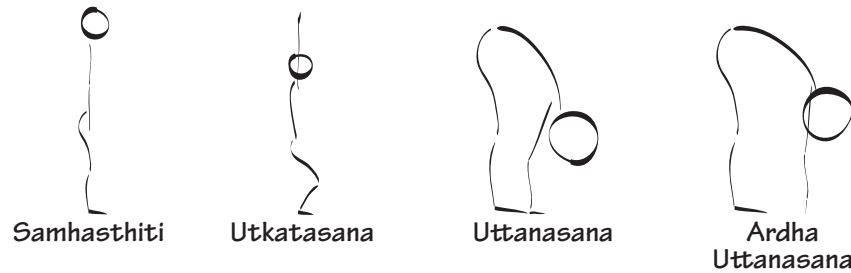
OM

Surya Namaskar A (Sun Salutation A) 5x

2



Surya Namaskar B (Sun Salutation B) 3x



In general...

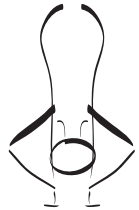
Inhale when rising
Exhale when moving
downward or folding

Remember your bandhas...

Mula Bandha
Uddiyana Bandha

Standing Series

2 Folds



Padangusthasana



Padahasthasana

4 Right Turns Right



Utthita
Trikonasana



Parivritta
Trikonasana

Right



Utthita
Parsvakonasana



Parivritta
Parsvakonasana

Right



Prasarita
Padottanasana A



Prasarita
Padottanasana B



Prasarita
Padottanasana C



Prasarita
Padottanasana D

Right



Parsvottanasana

2 Balancing Postures Balance



Utthita Hasta
Padangusthasana A



Utthita Hasta
Padangusthasana B



Utthita Hasta
Padangusthasana C

Balance



Ardha Baddha
Padmottanasana

3 Flowing Postures

Surya Namaskar A
Adho Mukha Svanasana
(No Hold)



Utkatasana

Surya Namaskar A
Adho Mukha Svanasana
(No Hold)

Right, 5 Breaths
Left, 5 Breaths



Virabhadrasana I

Left, 5 Breaths
Right, 5 Breaths



Virabhadrasana II

Primary Series

4



Dandasana



Paschimottanasana
A



Paschimottanasana
B



Paschimottanasana
C

विन्यास = Vinyasa
= Jump Back



Purvottanasana

विन्यास

Right Side

विन्यास

Left Side



Ardha Baddha Padma
Paschimottanasana

विन्यास



Tirianga Mukhaikapada
Paschimottanasana

विन्यास



Janu Sirsasana
A

विन्यास



Janu Sirsasana
B

विन्यास



Janu Sirsasana
C

विन्यास



Marichyasana
A

विन्यास



Marichyasana
B

विन्यास



Marichyasana
C

विन्यास



Marichyasana
D

विन्यास



Navasana

5 Sets
of
5 Breaths

विन्यास

Primary Series Cont.

5



Bhujapidasana



Kurmasana



Supta
Kurmasana



Garbha
Pindasana



Rolling



Kukkutasana



Baddha
Konasana A



Baddha
Konasana B



Upavishta
Konasana A



Upavishta
Konasana B



Supta
Konasana



Transition Only,
No Hold



Supta
Padangusthasana A



Supta
Padangusthasana B



or
Chakrasana



Transition Only,
No Hold



Ubhaya
Padangusthasana



Transition Only,
No Hold



Urdhva Mukha
Paschimottanasana



Setu
Bandhasana



or
Chakrasana

Closing Sequence

6

