

Primary Series Sequence

"A" Sun Salutations x5



Standing Series

Padangustasana
5 breaths
👁️ nose or navel

Padahastasana
5 breaths
👁️ nose or navel

Utthita Trikonasana
5 breaths (Right, Left)
👁️ hand

Parvritta Trikonasana
5 breaths (Right, Left)
👁️ hand

Utthita Parshvakonasana
5 breaths (Right, Left)
👁️ hand

Prasarita Padottanasana A, B, C, D
5 breaths in each
👁️ nose or navel

Parshvotannasana
5 breaths (Right, Left)
👁️ nose or big toe

Utthita Hasta Padangustasana A, B, C, D
👁️ A: big toe, B: distant spot, C: big toe, D: big toe

Arzha Badha
(Right, Left)
👁️ nose

Utkatasana
5 breaths
👁️ hands

Virabhadrasana A
5 breaths (Right, Left)
👁️ hands

Virabhadrasana B
5 breaths (Left, Right)
👁️ distant spot

one inhale from downward dog to Utkatasana

one exhale to chaturanga dandasana (push up)

Seated Series

Dandasana
5 breaths
👁️ toes

Paschimattanasana A
👁️ big toes
👁️ big toe

Paschimattanasana B
👁️ outside of feet
👁️ big toe

Paschimattanasana C
5 breaths
👁️ interlace fingers or grab wrist
👁️ big toe

Purvottanasana
👁️ 3rd eye or distant spot

Arzha Baddha Padma Paschimattanasana

Janu Shirshasana A
(Right up, Left up)
👁️ big toe

Janu Shirshasana B
👁️ big toe

Janu Shirshasana C
(thighs 45° angle)

Marichyasana A
(Right up, Left up)
👁️ big toe

Marichyasana B

Marichyasana C
(Right up, Left up)

Marichyasana D
(Right lotus, Left lotus)

continued on other side

🌀 Vinyasa 👁️ Drishti T jump to top of mat (samasthi)