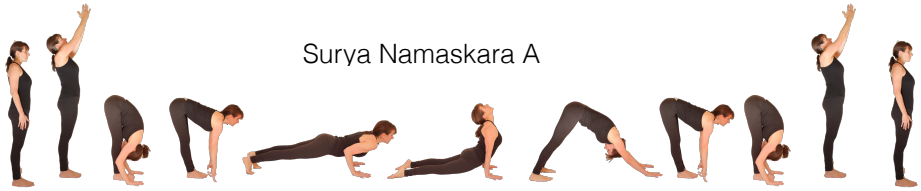
BALANCE
YOGA & WELLNESS

YOGA ○ AYURVEDA ○ NUTRITION

Ashtanga Yoga Primary Series



Surya Namaskara A

Surya Namaskara B

Standing Sequence

Padangustasana Pada Hastasana Uttita Trikonasana Pairvrtta Trikonasana Uttita Parsvakonasana Pairvrtta Parsvakonasana

Prasarita Padottanasana Parsvottanasana Utthita Hasta Padagustasana

Ardha Baddha Padmottanasana Utkatasana Virabhadrasana A Virabhadrasana B

Seated Sequence

Dandasana Paschimattanasana Purvattanasana Ardha Baddha Padma Paschimattanasana Triang Mukhaekapada Paschimattanasana

Janu Sirsasana

Marichyasana

"99% Practice, 1% Theory" ~Sri K. Pattabhi Jois

www.balanceyogawellness.com