# Ashtānga Yoga Chikitsā
# Primary Series | Beginner's Sheet

## Sūrya Namaskāra A
## (modified)

Samasthitiḥ

in

ex

Uttanasana

in

ex

Caturaṅga Daṇḍāsana

in

Ūrdhva Mukha Śvānāsana

ex

Adho Mukha Śvānāsana

in

ex

Uttanasana

in

Samasthitiḥ

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# Ashtānga Yoga Chikitsā
# Primary Series | Beginner's Sheet

## Sūrya Namaskāra B
## (modified)

Samasthitiḥ

in

Utkaṭāsana

ex

Uttanasana

in

ex

Caturaṅga Daṇḍāsana

in

Ūrdhva Mukha Śvānāsana

ex

Adho Mukha Śvānāsana

in

Vīrabhadrāsana A (right side)

ex

Caturaṅga Daṇḍāsana

in

Ūrdhva Mukha Śvānāsana

ex

Adho Mukha Śvānāsana

in

Vīrabhadrāsana A (left side)

ex

Caturaṅga Daṇḍāsana

in

Ūrdhva Mukha Śvānāsana

ex

Adho Mukha Śvānāsana

in

ex

Uttanasana

in

Utkaṭāsana

Samasthitiḥ

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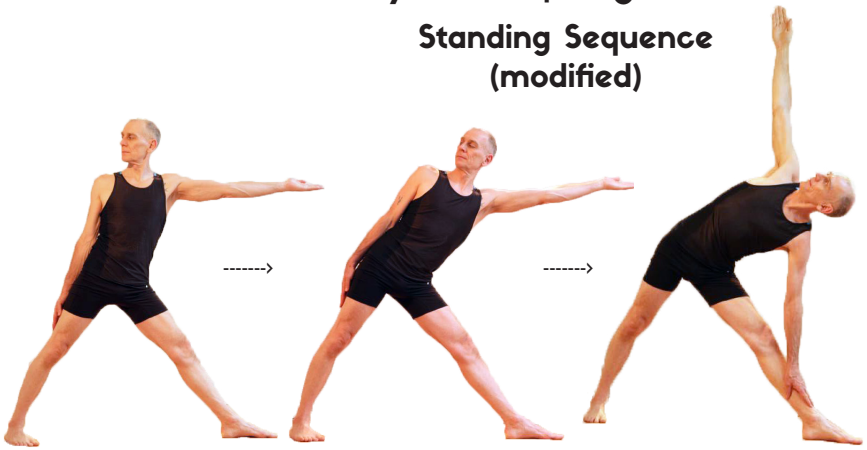
# Ashtānga Yoga Chikitsā
# Primary Series | Beginner's Sheet

## Standing Sequence (modified)

Pādāngusṭhāsana

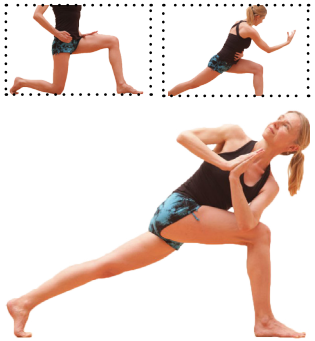
Pādahastāsana



Utthita Trikoṇāsana

Parivṛtta Trikoṇāsana

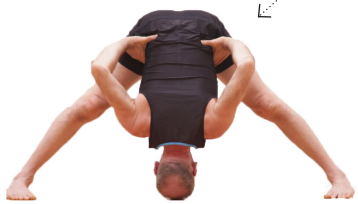
Utthita Pārśvakoṇāsana



Parivṛtta Pārśvakoṇāsana

bend knees if needed

Prasārita Pādottānāsana A



Prasārita Pādottānāsana B

Prasārita Pādottānāsana C

Prasārita Pādottānāsana D

Pārśvottānāsana

Utthita Hasta Pādāngusṭhāsana A

Utthita Hasta Pādāngusṭhāsana B

Utthita Hasta Pādāngusṭhāsana C

Utthita Hasta Pādāngusṭhāsana D

Ardha Baddha Padmottānāsana

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# Ashtānga Yoga Chikitsā
# Primary Series | Beginner's Sheet

## Standing and Finishing Sitting Postures with modifications

Utkaṭāsana

Vīrabhadrāsana A (right side)
5 breaths

Vīrabhadrāsana A (left side)
5 breaths

Vīrabhadrāsana B (left side)
5 breaths

Vīrabhadrāsana B (right side)
5 breaths

Yoga-Mudrā
10 breaths

Baddha Padmāsana
5-10 breaths

Panmasana
5-10 breaths

Padmāsana
10 breaths

Utplutiḥ
10-20 breaths

Śavāsana
10-30 minutes

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