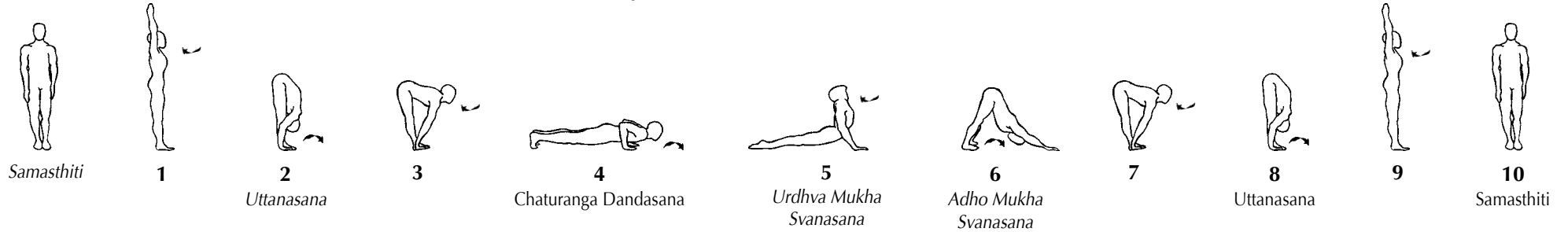
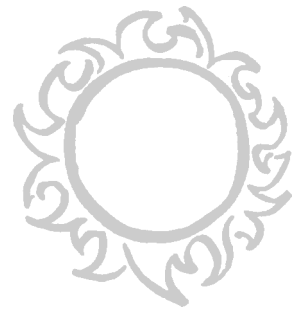
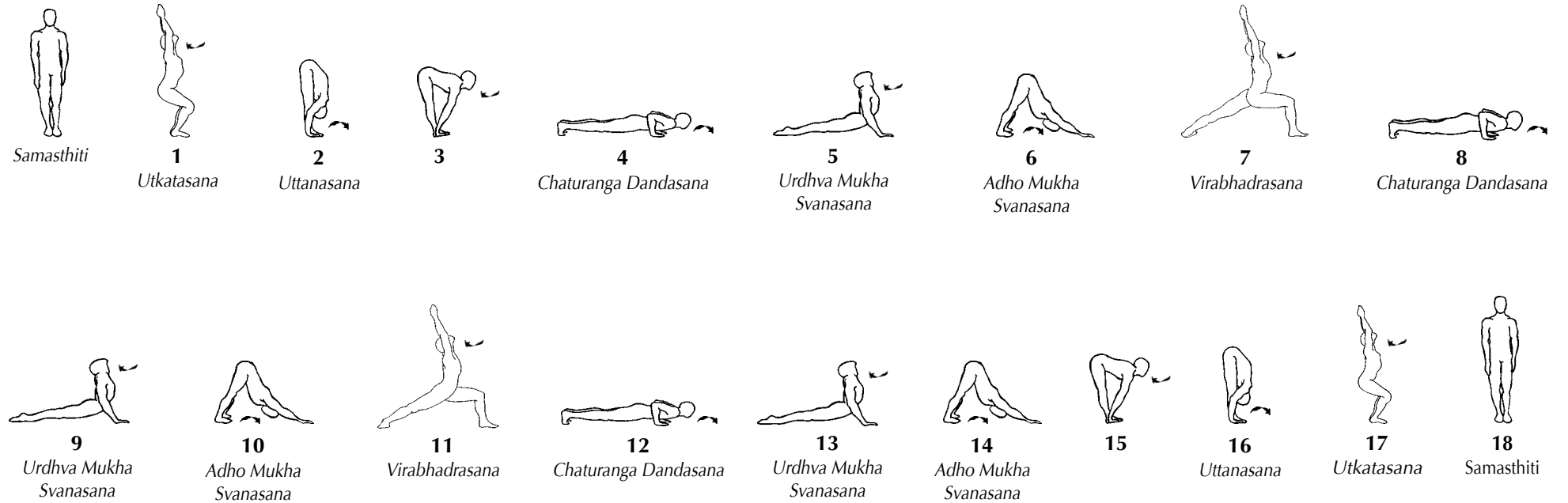


Modified Primary Series Suryanamaskara (A + B)

A x 5



B x 5





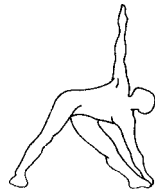
1

Padangusthasana



2

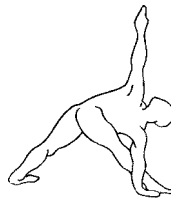
Padahasthasana



3

Utthita Trikonasana

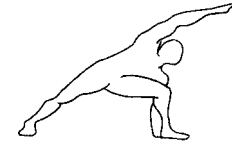
R, L



4

Parivrtta Trikonasana

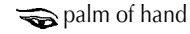
R, L



5

Utthita Parsvakonasana

R, L



6

Parivrtta Parsvakonasana

R, L



7

Prasarita Padottanasana A



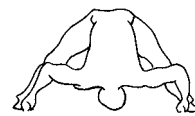
8

Prasarita Padottanasana B



9

Prasarita Padottanasana C



10

Prasarita Padottanasana D



11

Parsvottanasana

R, L



12

Vrksasana

R, L



V I N Y A S A ~

Practice this vinyasa between postures when you see the symbol.



Chaturanga Dandasana



Urdhva Mukha
Svanasana

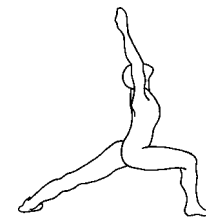


Adho Mukha
Svanasana



13

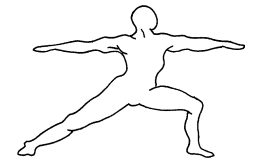
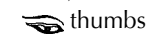
Utkatasana



14

Virabhadrasana A

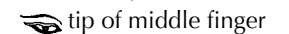
R, L

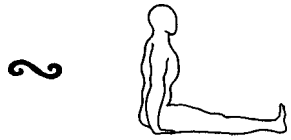


15

Virabhadrasana B

R, L





16
Dandasana
👁️ nose



17
Pachimottanasana A
👁️ nose



18
Pachimottanasana B
👁️ nose



19
Purvottanasana
👁️ 3rd eye



20
Ardha Baddha Padma
Paschimottanasana
R, L
👁️ nose



21
Triang Mukhaikapada
Paschimottanasana
R, L
👁️ toes



22
Janu Sirsasana A
R, L
👁️ toes



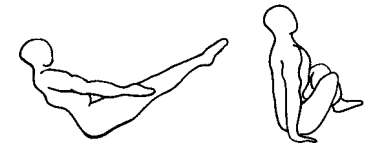
23
Janu Sirsasana B
R, L
👁️ toes



24
Marichyasana A
R, L
👁️ toes



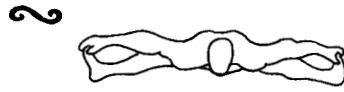
25
Marichyasana C
R, L
👁️ far to side



26
Navasana to lift off • 5 breaths,
cross feet and lift off
Repeat 2x 👁️ toes



27
Baddha Konasana
👁️ nose



28
Upavistha Konasana A
👁️ 3rd eye, 5 breaths



29
Upavistha Konasana B
👁️ 3rd eye, 5 breaths



30
Supta Konasana
👁️ nose, 5 breaths



31
Supta Konasana
👁️ 3rd eye
Transition, 1 breath



32
Supta Konasana
👁️ 3rd eye
Transition, 1 breath

Modified Primary Series



33★

Supta Padangusthasana A
toes



34★

Supta Padangusthasana B
far to side



35★

Supta Padangusthasana C
both hands to feet
toes



36

Setu Bandhasana
(modified bridge)
3rd eye



37

Urdhva Dhanurasana
3rd eye

★ 34 - 36 right side first,
repeat left side



38

Pachimottanasana C
nose



39

Padmasana
nose, 25 breaths



40

Uttpluthi
nose, 25 breaths



41

Savasana
take a rest 10-20 minutes