

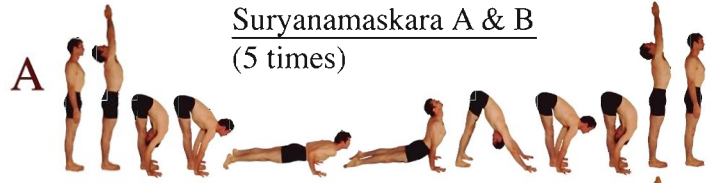


**ASHTANGA YOGA**  
VICTORIA

## Primary Series Sequence

With humble thanks and eternal reverence  
to our teacher Sri K. Pattabhi Jois of Mysore, India  
– Om Sri Gurubhyo Namaha –

Suryanamaskara A & B  
(5 times)



### Fundamental Asanas



Pādāṅguṣṭhāsana



Pādā Haṣṭāsana



Utthita Trikoṇāsana A



Utthita Trikoṇāsana B



Utthita Pārvakoṇāsana A



Utthita Pārvakoṇāsana B



Prasārita Padottānāsana A



Prasārita Padottānāsana B



Prasārita Padottānāsana C



Prasārita Padottānāsana D



Pārvottānāsana

### Primary Series Postures



A



B  
Utthita Hasta Pādāṅguṣṭhāsana



C



Ardha Baddha  
Padmottānāsana



Utkaṭāsana



Virabhadrāsana A



Virabhadrāsana B



Paschimattānāsana  
(Preparation)



Paschimattānāsana A



Paschimattānāsana B



Pūrvattānāsana

“99% Practice,  
1% Theory!”

“You take practice,  
you think God”  
Sri K. Pattabhi Jois



Ardha Baddha Padma  
Paschimattānāsana



Triang Mukhaekapāda  
Paschimattānāsana



Jānu Śīrṣāsana A



Jānu Śīrṣāsana B



Jānu Śīrṣāsana C



# Primary Series Sequence

With humble thanks and eternal reverence  
to our teacher Sri K. Pattabhi Jois of Mysore, India  
– Om Sri Gurubhyo Namaha –

## Primary Series Postures Continued



Marichyāsana A



Marichyāsana B



Marichyāsana C



Marichyāsana D



Nāvāsana



Bujapīdāsana



Kūrmāsana



Supta Kūrmāsana



Garbha Piṇḍāsana



Kukkuṭāsana



Baddha Koṇāsana A



Baddha Koṇāsana B



Upaviṣṭha Koṇāsana A



Upaviṣṭha Koṇāsana B



Supta Koṇāsana



Supta Pādānguṣṭhāsana A



Supta Pādānguṣṭhāsana



Ubhaya Pādānguṣṭhāsana



Ūrdhva Mukha Paschimattānāsana



Setu Bandhāsana



Ūrdhva Dhanurāsana

## Closing Sequence



Sālamba Sarvāṅgāsana



Halāsana



Kārṇapīdāsana



Ūrdhva Padmāsana



Piṇḍāsana



Mathsyāsana

## Final 3 Closing Postures



Yoga Mudra



Padmāsana



Utplutih



Śavāsana (Take Rest)



Uttāna Pādāsana



Śīrṣāsana A



Śīrṣāsana B