ASHTANGA VINYASA PRIMARY SERIES

Performed by: Alyson Simeone & Simon Loughlin

DRISHTI
- △ Nasagrai (Nose)
- 👁 Bhrumadhya (Third Eye)
- ⬇ Nabi (Navel)
- ✋ Hasatagrai (Hand)
- 👍 Angusthamadhye (Thumb)
- Padayoragrai (Toe)
- ⌃ Urdhva (Up)
- ◇ Parsva (Left/Right)

OTHER
- No. of repetitions
- No. of breaths (5 breaths, if not stated)
- ↑ Inhale
- ↓ Exhale
- S Return to Samasthiti
- S Vinyasa via Chaturanga
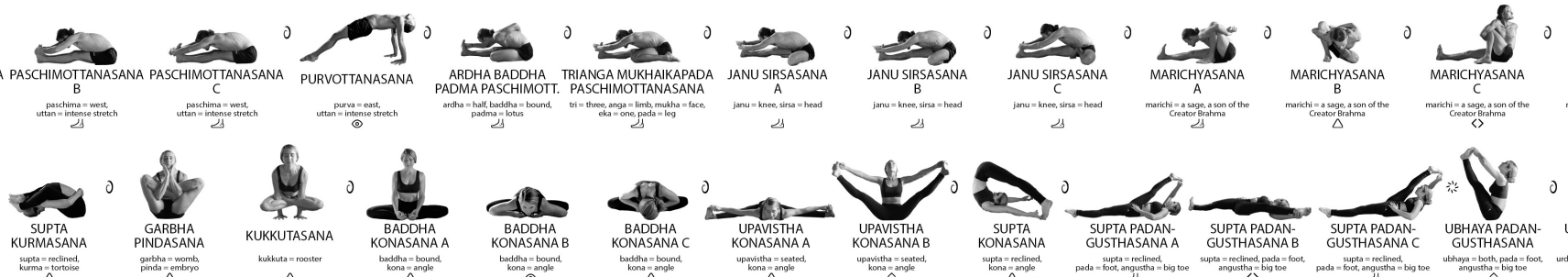- ✳ Chakrasana

SURYA NAMASKAR A (5)

SAMASTHITI	URDHVA VRKSHASANA	UTTANASANA A	UTTANASANA B	CHATURANGA DANDASANA	URDHVA MUKHA SVANASANA	ADHO MUKHA SVANASANA	UTTANASANA B	UTTANASANA A	URDHVA VRKSHASANA	SAMASTHITI
sama = equal, sthiti = stand	urdhva = upward, vriksha = tree	ut = intense, tan = stretch	ut = intense, tan = stretch	chatur = four, anga = limb, danda = staff	urdhva = upward, mukha = face, svana = dog	adho = downward, mukha = face, svana = dog	ut = intense, tan = stretch	ut = intense, tan = stretch	urdhva = upward, vriksha = tree	sama = equal, sthiti = stand

SURYA NAMASKAR B (3)

SAMASTHITI	UTKATASANA	UTTANASANA A	UTTANASANA B	CHATURANGA DANDASANA	URDHVA MUKHA SVANASANA	ADHO MUKHA SVANASANA	VIRABHADRASANA A	CHATURANGA DANDASANA	URDHVA MUKHA SVANASANA	ADHO MUKHA SVANASANA	VIRABHADRASANA A	CHATURANGA DANDASANA	URDHVA MUKHA SVANASANA	ADHO MUKHA SVANASANA	UTTANASANA B	UTTANASANA A	UTKATASANA	SAMASTHITI
sama = equal, sthiti = stand	utkata = powerful	ut = intense, tan = stretch	ut = intense, tan = stretch	chatur = four, anga = limb, danda = staff	urdhva = upward, mukha = face, svana = dog	adho = downward, mukha = face, svana = dog	vira = hero, bhadra = friend	chatur = four, anga = limb, danda = staff	urdhva = upward, mukha = face, svana = dog	adho = downward, mukha = face, svana = dog	vira = hero, bhadra = friend	chatur = four, anga = limb, danda = staff	urdhva = upward, mukha = face, svana = dog	adho = downward, mukha = face, svana = dog	ut = intense, tan = stretch	ut = intense, tan = stretch	utkata = powerful	sama = equal, sthiti = stand

STANDING SEQUENCE

PADANGUSTHASANA	PADAHASTASANA	UTTHITA TRIKONASANA	PARIVRITTA TRIKONASANA	UTTHITA PARSVAKONASANA	PARIVRITTA PARSVAKONASANA	PRASARITA PADOTTANASANA A	PRASARITA PADOTTANASANA B	PRASARITA PADOTTANASANA C	PRASARITA PADOTTANASANA D	PARSVOTTANASANA
pada = foot, angustha = big toe	pada = foot, hasta = hand	utthita = extended, tri = three, kona = angle	parivritta = revolved, tri = three, kona = angle	utthita = extended, parsva = side, kona = angle	parivritta = revolved, parsva = side, kona = angle	prasarita = spread out, pada = foot, ut = intense, tan = stretch	prasarita = spread out, pada = foot, ut = intense, tan = stretch	prasarita = spread out, pada = foot, ut = intense, tan = stretch	prasarita = spread out, pada = foot, ut = intense, tan = stretch	parsva = side, ut = intense, tan = stretch

UTTHITA HASTA PADANGUSTHASANA A	UTTHITA HASTA PADANGUSTHASANA B	UTTHITA HASTA PADANGUSTHASANA C	UTTHITA HASTA PADANGUSTHASANA D	ARDHA BADDHA PADMOTTANASANA	UTKATASANA	VIRABHADRASANA A	VIRABHADRASANA B
utthita = extended, hasta = hand, pada = foot, angustha = big toe	utthita = extended, hasta = hand, pada = foot, angustha = big toe	utthita = extended, hasta = hand, pada = foot, angustha = big toe	utthita = extended, hasta = hand, pada = foot, angustha = big toe	ardha = half, baddha = bound, padma = lotus	utkata = powerful	vira = hero, bhadra = friend	vira = hero, bhadra = friend

SITTING SEQUENCE

DANDASANA	PASCHIMOTTANASANA A	PASCHIMOTTANASANA B	PASCHIMOTTANASANA C	PURVOTTANASANA	ARDHA BADDHA PADMA PASCHIMOTT.	TRIANGA MUKHAIKAPADA PASCHIMOTTANASANA	JANU SIRSASANA A	JANU SIRSASANA B	JANU SIRSASANA C	MARICHYASANA A	MARICHYASANA B	MARICHYASANA C	MARICHYASANA D	NAVASANA
danda = staff	paschima = west, uttan = intense stretch	paschima = west, uttan = intense stretch	paschima = west, uttan = intense stretch	purva = east, uttan = intense stretch	ardha = half, baddha = bound, padma = lotus	tri = three, anga = limb, mukha = face, eka = one, pada = leg	janu = knee, sirsa = head	janu = knee, sirsa = head	janu = knee, sirsa = head	marichi = a sage, a son of the Creator Brahma	marichi = a sage, a son of the Creator Brahma	marichi = a sage, a son of the Creator Brahma	marichi = a sage, a son of the Creator Brahma	nava = boat

BHUJAPIDASANA	KURMASANA	SUPTA KURMASANA	GARBHA PINDASANA	KUKKUTASANA	BADDHA KONASANA A	BADDHA KONASANA B	BADDHA KONASANA C	UPAVISTHA KONASANA A	UPAVISTHA KONASANA B	SUPTA KONASANA	SUPTA PADAN-GUSTHASANA A	SUPTA PADAN-GUSTHASANA B	SUPTA PADAN-GUSTHASANA C	UBHAYA PADAN-GUSTHASANA	URDHVA MUKHA PASCHIMOTT.	SETU BANDHASANA
bhuja = shoulder, pida = pressure	kurma = tortoise	supta = reclined, kurma = tortoise	garbha = womb, pinda = embryo	kukkuta = rooster	baddha = bound, kona = angle	baddha = bound, kona = angle	baddha = bound, kona = angle	upavistha = seated, kona = angle	upavistha = seated, kona = angle	supta = reclined, kona = angle	supta = reclined, pada = foot, angustha = big toe	supta = reclined, pada = foot, angustha = big toe	supta = reclined, pada = foot, angustha = big toe	ubhaya = both, pada = foot, angustha = big toe	urdhva = upward, mukha = face, paschima = west	setu = bridge, bandha = lock

FINISHING SEQUENCE

URDHVA DHANURASANA	PASCHIMOTTANASANA	SALAMBA SARVANGASANA	HALASANA	KARNAPIDASANA	URDHVA PADMASANA	PINDASANA	MATSYASANA	UTTANA PADASANA	SIRSASANA	URDHVA DANDASANA	YOGA MUDRASANA	PADMASANA	TOLASANA	SAVASANA
urdhva = upward, dhanura = bow	paschima = west, ut = intense, tan = stretch	salamba = supported, sarva = all, anga = bodypart	hala = plow	karna = ear, pida = pressure	urdhva = upward, padma = lotus	pinda = embryo	matsya = fish	uttana = intense stretch, pada = leg	sirsa = head	urdhva = upward, danda = staff	yoga = union, mudra = seal	padma = lotus	tola = scale	sava = corpse

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