

~ Malasana is the garland we are offering to the God. ~
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Intermediate Series (the second series of Vinyasa Ashtanga Yoga) **Part 1 / 2**



• Malasana A • Malasana B • Pasasana • Krounchasana • Salabhasana A •



• Salabhasana B • Bhekasana • Dhanurasana • Parsva Dhanurasana • Ustrasana •



• Vajrasana • Supta Vajrasana A • Supta Vajrasana B • Laghu Vajrasana • come up* •



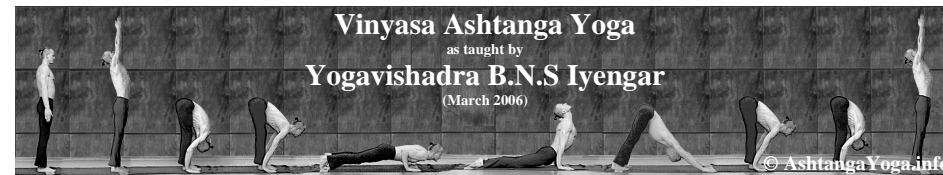
• Kapotasana A • Kapotasana B • Virasana • Supta Virasana A • Supta Virasana B •



• Parjenkasana • Bakasana • lift up* • Bharadvajasana • Ardha Batsyendrasana •

~ Pasasana is the noose to catch your inner demons. ~
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• = other side; + = come to Samasthiti; • = Vinyasa; • = Chakrasana; • = next photo; * = don't stay in this position;



~ Mayurasana a peacock. - That's not a peacock, that's more like a chameleon. Perfect it first! It eradicates all sins. ~
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Intermediate Series (the second series of Vinyasa Ashtanga Yoga) **Part 2 / 2**



• Eka Pada Sirsasana • Skandasana • Chakorasana • Dwi Pada Sirsasana A • Dwi Pada Sirsasana B •



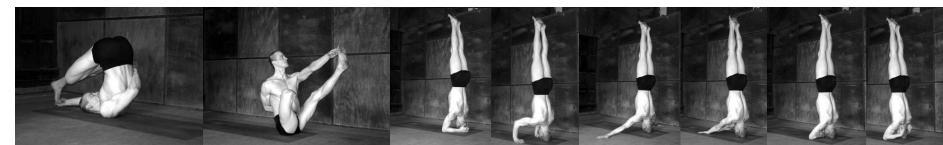
• Yoga Nidrasana • Tittibhasana A • Tittibhasana B • 5 steps forward and backward* • Tittibhasana C •



• Pincha Mayurasana • Karandavasana • lift up* • Vrishikasana • Mayurasana •



• Nakrasana • Vatayanasana • Parighasana B • Gomukhasana A • Gomukhasana B •



• Supta Urdhva Eka Pada Vajrasana* • roll up to* • Bharadvajasana • Sirsasana A • B • C • D • E • F •

~ The Asana series are like the scales. Once you learned the scales you can play music. ~
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