

## Opening Prayer

(before Asana practice)  
(from the Kourma Purana)

~

jivamanani bhrajth phana  
sahasra vidruth vishwambara  
mandalaya ananthaya  
nagarajaya namaha

abahu purushakaram  
shankacakrasi dharinam  
sahasra shirasam svetam  
pranamami patanjalin

gurubyo namaha  
devatabyo namaha

~



There has to be a goal for a practice! The goal is to conquer nature by conquering death. B.N.S. IYENGAR

~

*The common Soul (jeva) shines like an emerald on the head of the snake  
Which has one thousand heads and is all pervading  
with three circles unlimited  
King of snake - I pray my respect to you*

*Manifest in human form  
bearing the ornaments of counc (divine sound) and wheel(infinite time)  
having one thousand snowwhite heads  
I surrender to you Patanjali*

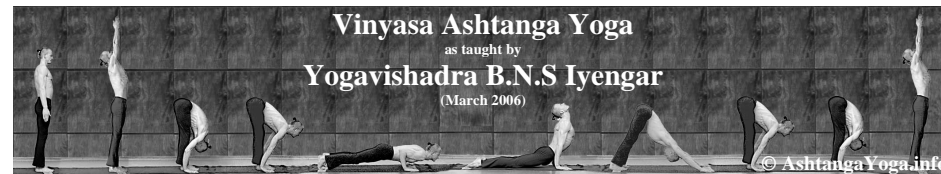
*I pray respect to the Guru  
I pray respect to the Divine adepts*

~

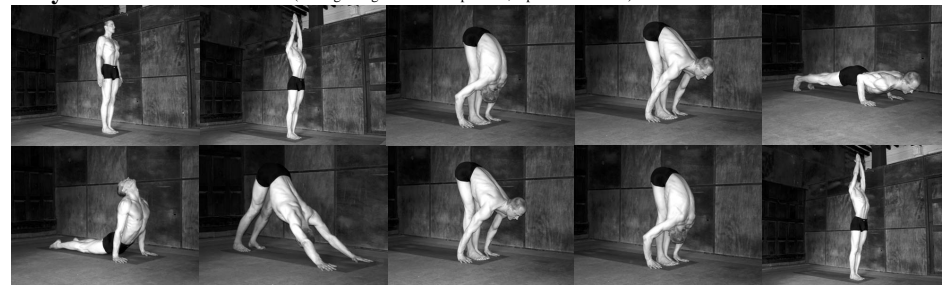
Surya is the God of the sun. He is the only God that can be seen with your blank eye. Surya gives us live through letting food grow - we live on sun energy. So we worship Surya first in our Asana practice. Do Surya Namaskara.

B.N.S. IYENGAR

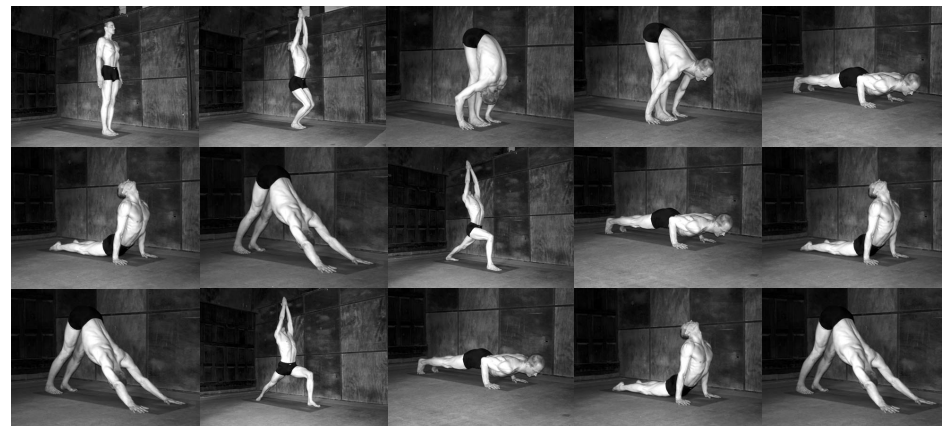
☞ = other side; † = come to Samasthiti; ☞ = Vinyasa; ☞ = Chakrasana; • = next photo; \* = don't stay in this position;



## Surya Namaskara A & B (the beginning of the Asana practice; repeat 5 times each)



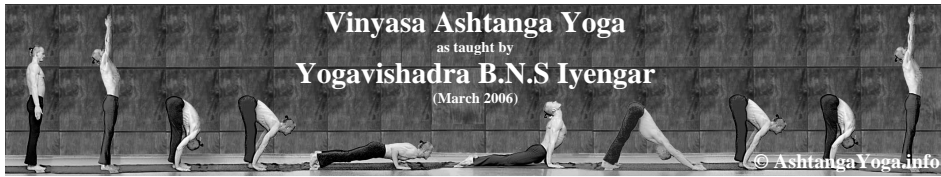
• Samasthiti • Urdhva Vrikasana (IN) • Uttanasana A (EX) • Uttanasana B (IN) • Chaturanga Dandasana (EX) • Urdhva Mukah Svanasana (IN) • Adho Mukah S. (EX + 5 BR) • Uttanasana B (IN) • Uttanasana A (EX) • Urdhva Vrikasana (IN) •



• Samasthiti • Utikatasana (IN) • Uttanasana A (EX) • Uttanasana B (IN) • Chaturanga Dandasana (EX) • Urdhva Mukah Svanasana (IN) • Adho Mukah S. (EX) • Virabhadrasana (IN) • Chaturanga Dandasana (EX) • Urdhva Mukah S. (IN) • Adho Mukah S. (EX) • Virabhadrasana (IN) • Chaturanga Dandasana (EX) • Urdhva Mukah S. (IN) • Adho Mukah S. (EX + 5 BR) • Uttanasana B (IN) • Uttanasana A (EX) • Utikatasana (IN) •

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~ Proper breathing! Breathing has to be regular. Inhale - Exhale - Inhale - Exhale. Right breathing is systematical, traditional and healthy. ~  
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**Fundamental Asana** (to be done after Surya Namaskara A & B and before the beginning of a series)



• Padangustasana • Pada Hastasana • Utthita Trikonasana • Parivritta Trikonasana • Utthita Parsvakonasana •



• Paravritta Parsvakonasana • Prasarita Padottanasana A • Prasarita Padottan. B • Prasarita Padottan. C • Prasarita Padottan. D •



• Parsvottanasana •

**Backbending** (to be done after one series has been completed and before the Finishing Asanas.)

There are various ways of doing the Backbending, depending on your level of practice:

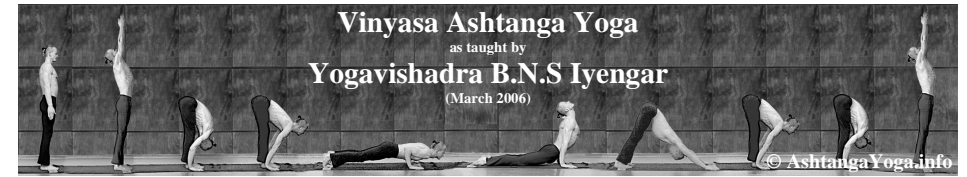
- Lift up from the ground to Urdhva Dhanurasana 3 to 5 times, then do Chakrasana and Pashimottanasana.
- Start similar, then stand up from Urdhva Dhanurasana and drop back 3 to 5 times. Finally do Vinyasa from standing to Pashimottanasana.
- Go on to handstand and drop down to Urdhva Dhanurasana 3 to 5 times. Finally do Vinyasa from standing to Pashimottanasana.
- You can lift back up from Urdhva Dhanurasana to handstand 3 to 5 times. Finally hover through to Pashimottanasana.



• Urdhva Dhanurasana repeat (3 to 5 times) • Pashimottanasana •

~ When you go to Bangalore, you can take the train. You can also go by Maruti. But you don't change halfway. ~  
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~ Wrong practice! Are you with God or the devil? Always right leg first! ~  
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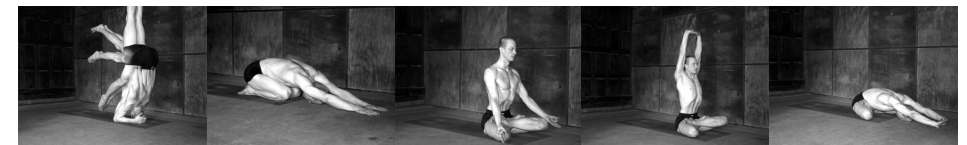
**Finishing Asanas** (to be done after the series and the Backbending and before the final relaxation)



• lie down • Salamba Sarvangasana • Halasana • Karna Pidasana • Urdhva Padmasana •



• Pindasana • Matsyasana • Uttana Padasana • Sirsasana • lift up •



• Urdhva Dandasana (10 x up and down\*) • Balasana • Padmasana • Yoga Mudrasana A • Yoga Mudrasana B •

**Closing Prayer**

(after Asana practice, before Shavasana)

~  
 parama rishibhyo namaha (2x)  
 ~  
 ~  
 I give thanks to the Rishis  
 ~



• Shavasana •

**Shavasana** (take rest)

~ The Vinyasa Ashtanga Yoga practice reduces the fat on the waist. - Trunk must be slim! ~  
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