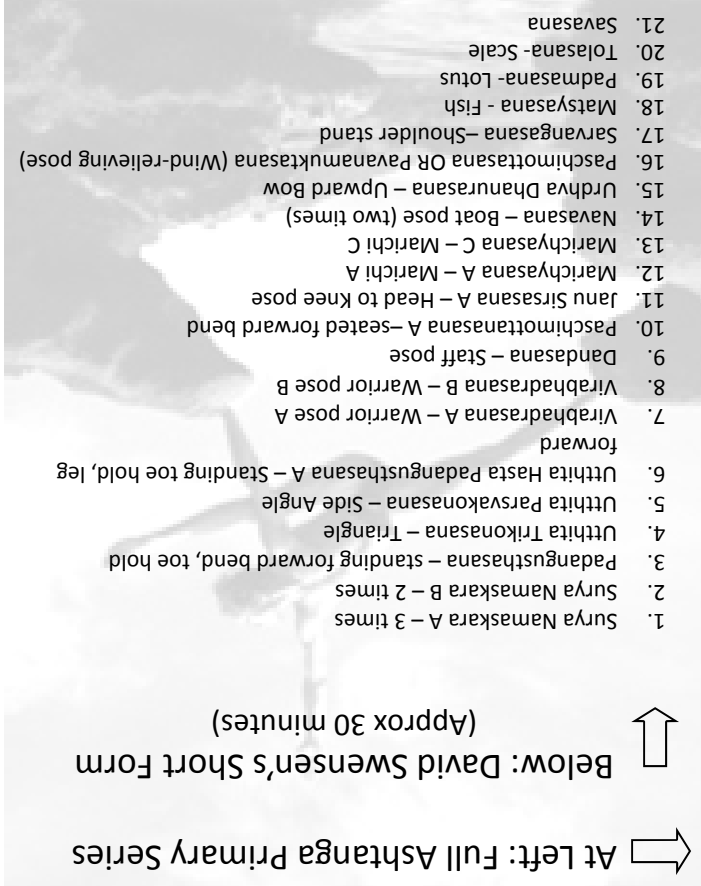


Below: David Swensen's Short Form  
 At Left: Full Ashtanga Primary Series



1. Surya Namaskara A – 3 times
2. Surya Namaskara B – 2 times
3. Padangusthasana – standing forward bend, toe hold
4. Uttihita Trikonasana – Triangle
5. Uttihita Parsvakonasana – Side Angle
6. Uttihita Hasta Padangusthasana A – Standing toe hold, leg forward
7. Virabhadrasana A – Warrior pose A
8. Virabhadrasana B – Warrior pose B
9. Dandasana – Staff pose
10. Paschimottanasana A – seated forward bend
11. Janu Sirsasana A – Head to knee pose
12. Marichyasana A – Marichi A
13. Marichyasana C – Marichi C
14. Navasana – Boat pose (two times)
15. Urdhva Dhanurasana – Upward Bow
16. Paschimottasana OR Pavanamuktasana (Wind-relieving pose)
17. Sarvangasana – Shoulder stand
18. Matsyasana - Fish
19. Padmasana - Lotus
20. Tolasana - Scale
21. Savasana

Sanskrit name	English name	Sanskrit name	English name
Surya Namaskara A (5 times)	Sun Salutation version A	Surya Namaskara B (5 times)	Sun Salutation version B
<i>Note: Vinyasa between repetitions is to cross ankles, place</i>			
C Leg bent, twist other way			
Boat posture			
<i>Note: Vinyasa between repetitions is to cross ankles, place</i>			
A Upright			
B Forward towards floor			
Kumarsana			
Tortoise posture			
Erdhya in the womb posture			
Cock posture			
Bound angle posture			
Seated angle posture			
Urdhva Konasana			
Urdhva Konasana			
Urdhva Konasana			
Reclined angle posture			
A Full leg overhead			
B Leg out to side			
Urdhva Padangusthasana			
Libhya Padangusthasana			
Note: Pock up from halasana (Pock)			
Urdva Mukha			
Note: Pock up from halasana			
Upward facing forward bend			
Setu Bandhasana			
Bridge posture			
Note: Vinyasa is through chakrasna (wheel posture)			
Warrior 1 posture			
Warrior 2 posture			
Surya Namaskara A			
Surya Namaskara A			
Surya Namaskara A			
Urdhva Padmohtasana			
Half bound lotus standing forward bend			
Urdhasana (enter through Surya Powerful posture)			
Namaskara A)			
Namaskara A)			
Urdhva Padmohtasana			
Leg out to side, look other			
C Leg out to side, look other			
B Leg out to side, look other			
A Leg extended in front			
Urdhva Hasta Padangusthasana			
Extended hand on the big toe posture			
Urdhva Hasta Padangusthasana			
Extended sideways posture			
Parivrttasana			
Parivrttasana			
D Holding big toes			
C Hands clasped			
B Hands on hips			
A Hands on floor			
Prasrita Padmohtasana: Extended spread out legs posture			
Revolved side angle posture			
Parivrtta Parvakonhasana			
Revolved triangle posture			
Parivrtta Trikonasana			
Urdhva Trikonasana			
Hand under the foot posture			
Hastapadasana			
Big toe posture			
Padangusthasana			
Standing series			
Dandasana			
Staff posture			
Full forward bend			
A Hold big toes			
B Hold sides of feet			
C Hold wrist beyond feet			
Purvotthasana			
Ardra Baddha			
Triang Muktakapada			
Paschimotthasana			
Head to knee posture			
Janu Sirsasana			
Posture dedicated to the Sage Marichy			
Padmasana			
Padma Padmasana			
Baddha Padmasana			
Round lotus posture			
Scale posture			
Tolasana (108 breaths)			
Savasana (at least 5 minutes)			
Corpse posture			

## Invocation to Patanjali

Vande guruunam charanaaravinde  
 Sandarshita svaatmasukhaava bodhe  
 Nishreyase jaangalikaayamaane  
 Samsaara halahaala mohasaantaye.

Aabaahu purushaakaaram  
 Shankachakraasi dhaarinam  
 Sahasra shirasam shvetam  
 Pranamaami Patanjalinm

OM

**Translation:**

I bow to the guru (spiritual guide) who awakens insight into the happiness of pure being, who is the final refuge, and who eliminates the delusion caused by conditioned existence. I bow to the sage Patanjali, who represents radiant light, divine sound, infinite time, and (mental) discrimination.

## Ashtanga Yoga

SANSKRIT TERM	ENGLISH TRANSLATION
<ol style="list-style-type: none"> <li><b>Yama</b> <ul style="list-style-type: none"> <li>Ahimsa</li> <li>Satya</li> <li>Asteya</li> <li>Brahmacharya</li> <li>Asparigraha</li> </ul> </li> <li><b>Niyama</b> <ul style="list-style-type: none"> <li>Saucha</li> <li>Santoshha</li> <li>Tapas</li> <li>Svadhyaya</li> <li>Ishwarapranidhana</li> </ul> </li> <li><b>Asana</b></li> <li><b>Pranayama</b></li> <li><b>Pratyahara</b></li> <li><b>Dharana</b></li> <li><b>Dhyana</b></li> <li><b>Samadhi</b></li> </ol>	<b>Avoidances</b> <ul style="list-style-type: none"> <li>Non-harming</li> <li>Truthfulness</li> <li>Non-stealing</li> <li>Abstinence</li> <li>Non-greed</li> </ul> <b>Observances</b> <ul style="list-style-type: none"> <li>Purity</li> <li>Contentment</li> <li>Austerity, discipline</li> <li>Spiritual study</li> <li>Surrender</li> </ul> <b>Physical postures</b> <b>Breath regulation and control</b> <b>Sense withdrawal/ inward focus</b> <b>Concentration</b> <b>Meditation</b> <b>Bliss</b>

“The first four limbs of Ashtanga Yoga are quite challenging. Like roots, they make one’s practice grounded and real. They allow you to function well in the real world. You can wash the dishes, take out the garbage and relate to yourself and others honestly and happily. The last four limbs (the inner limbs) sprout spontaneously from the first four. They are easy and natural, when the first four are nurtured well. The inner meditative limbs return the favor, and make the outer limbs much more deep and true.”

- Richard Freeman, Yoga teacher and scholar