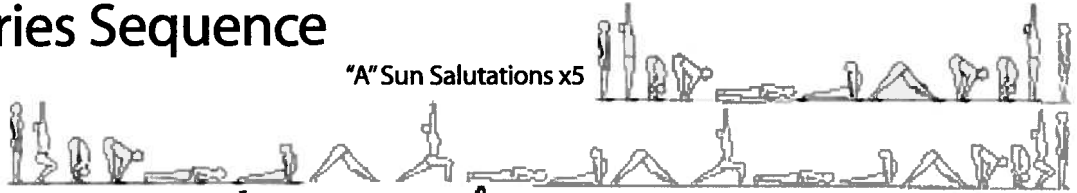



# Primary Series Sequence


"A" Sun Salutations x5




## Standing Series




**Padangustasana**  
5 breaths  
☞ nose or navel



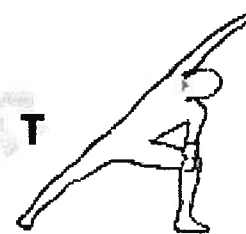
**Padahastasana**  
5 breaths  
☞ nose or navel




**Utthita Trikonasana**  
5 breaths (Right, Left)  
☞ hand




**Parvritta Trikonasana**  
5 breaths (Right, Left)  
☞ hand




**Utthita Parshvakonasana**  
5 breaths (Right, Left)  
☞ hand



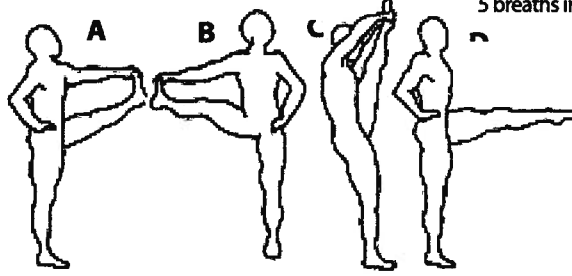
**T**  
5 breaths (Right, Left)  
☞ skv. hand or fingers



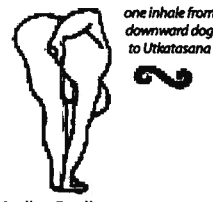
**Prasarita Padottanasana A, B, C, D**  
5 breaths in each  
☞ nose or navel




**Parshvotannasana**  
5 breaths (Right, Left)  
☞ nose or big toe




**Utthita Hasta Padangustasana A, B, C, D**  
☞ A: big toe, B: distant spot, C: big toe, D: big toe




**Ardha Badha**  
(Right, Left)  
☞ nose



**Utkatasana**  
5 breaths  
☞ hands

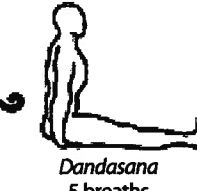


**Virabhadrasana A**  
5 breaths (Right, Left)  
☞ hands




**Virabhadrasana B**  
5 breaths (Left, Right)  
☞ distant spot


## Seated Series




**Dandasana**  
5 breaths  
☞ toes




**Paschimattanasana A**  
☞ big toes  
☞ big toe




**Paschimattanasana B**  
☞ outside of feet  
☞ big toe




**Paschimattanasana C**  
5 breaths  
☞ interlace fingers or grab wrist  
☞ big toe




**Purvottanasana**  
☞ 3rd eye or distant spot




**Ardha Baddha Padma Paschimattanasana**




**paschimattanasana**  
(Right back, Left back)




**Janu Shirshasana A**  
(Right up, Left up)  
☞ big toe



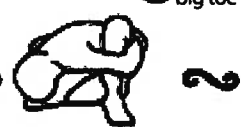
**Janu Shirshasana B**  
☞ big toe




**Janu Shirshasana C**  
(thighs 45° angle)




**Marichyasana A**  
(Right up, Left up)  
☞ big toe



**Marichyasana B**






**Marichyasana C**  
(Right up, Left up)



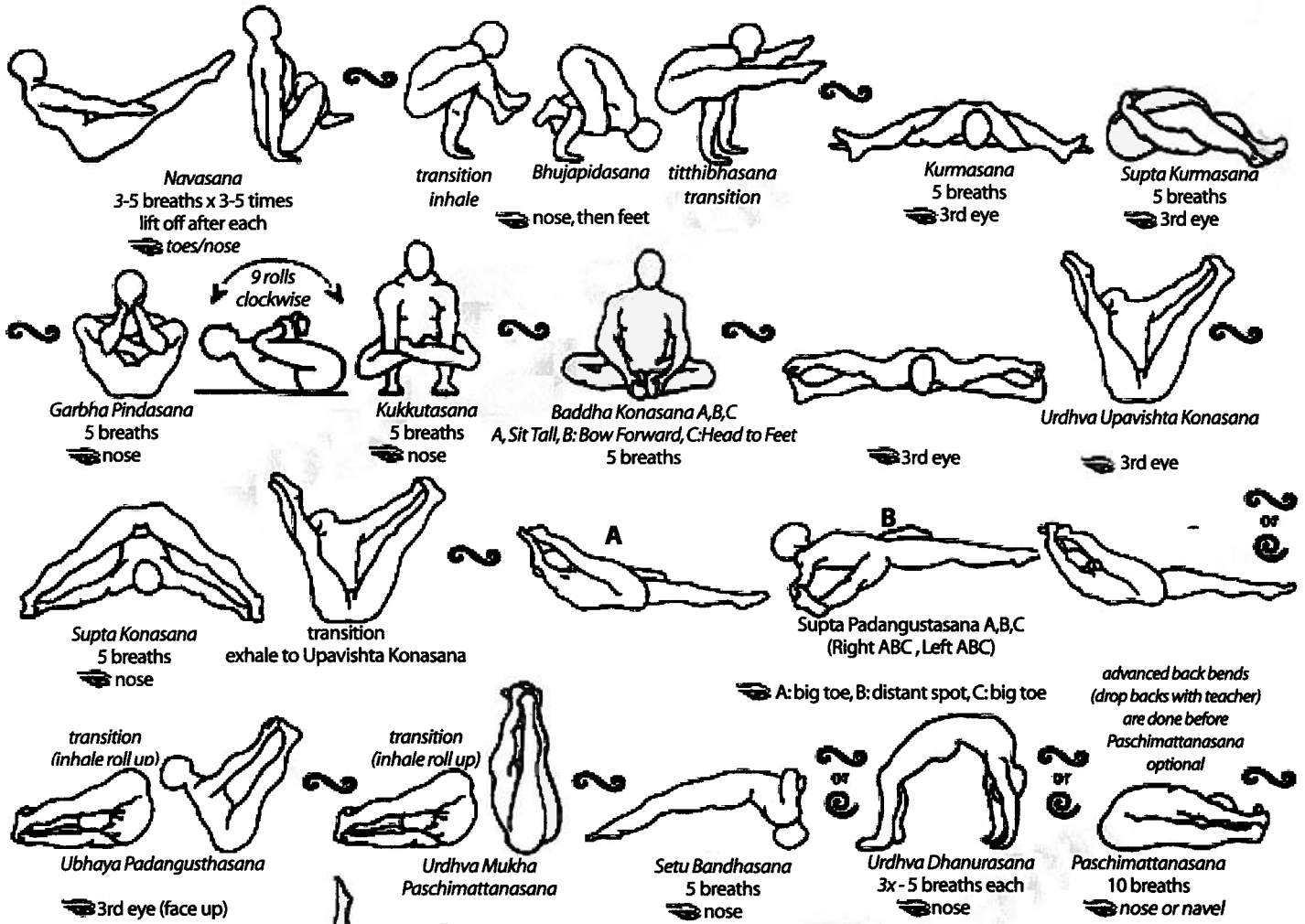
**Marichyasana D**  
(Right lotus, Left lotus)

**continued on other side**

 ☞ Sukshma  
 ☞ Deerghi  
 ☞ T  
 jump to top of mat (samasthi)

# Primary Series Sequence - Sheet 2

## Seated Series - continued



## Finishing Series

