

# ASHTANGA YOGA PRIMARY SERIES

OM vande gurunam charanaravinde ~ sandarshita svatmasukhavabodhe ~ nishreyase jangalikayamane ~samsara halahala mohashantyai ~ abahu purushakaram ~ shankhachakrasi dharinam ~ sahasra shirasam shvetam ~ pranamami patanjalin OM

## SURYANAMASKARA A (5x)



## SURYANAMASKARA B (3-5x)



## FUNDAMENTAL ASANAS



## PRIMARY SERIES ASANAS



## PRIMARY SERIES ASANAS CONTINUED



## FINISHING ASANAS



OM svasti prajabhyah paripalayantam ~ nyayena margena mahim mahishah ~ gobrahmanebyah shubhamastu nityam  
lokah samastah sukhino bhavantu ~ om shanti shanti shantih ~ harih OM

YOGA SHALA  
west

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