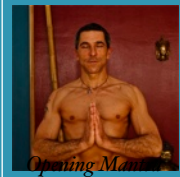


ASHTANGA VINYASA YOGA

Primary Series - Yoga Chikitsa (Yoga therapy)



Om / Vande Gurunam charanaravinde /
Sandarshita svatmasukuvabodhe / Nishreyase
jangalokayamane / Samsara halahala
mohashantyai / Abahu Purushakaram /
Shankhacakrsi dahrinam / Sahasra sirasam
svetam / Pranamami patanjalin / Om

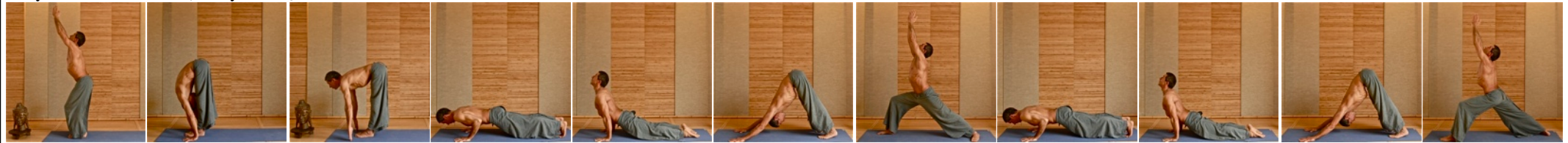
Narada Yoga
Integrale Yogaschule
Ralph Otto
www.naradayoga.com

Suryanamaskara A - 9 Vinyasas - 5 Times ▶

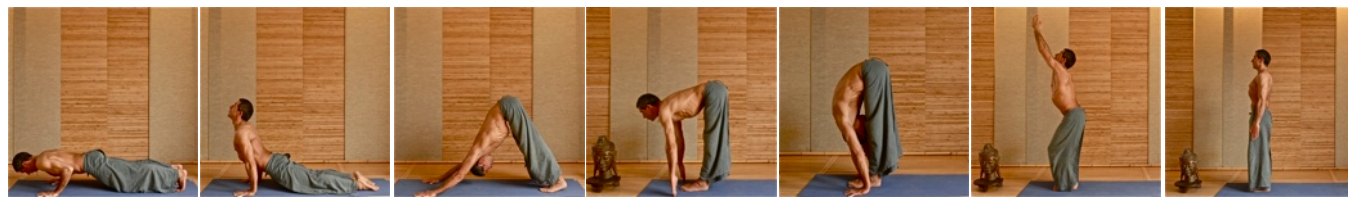


1. IN Urdhva Vrikasana 2. EX Uttanasana 3. IN Uttanasana B 4. EX Chaturanga Dandasana 5. IN Urdhva Mukha Sbvanasana 6. EX Adho Mukha Sbvanasana 7. IN Uttanasana B 8. EX Uttanasana 9. IN Urdhva Vrikasana EX Samasthithi

Suryanamaskara B - 17 Vinyasas - 5 Times ▶

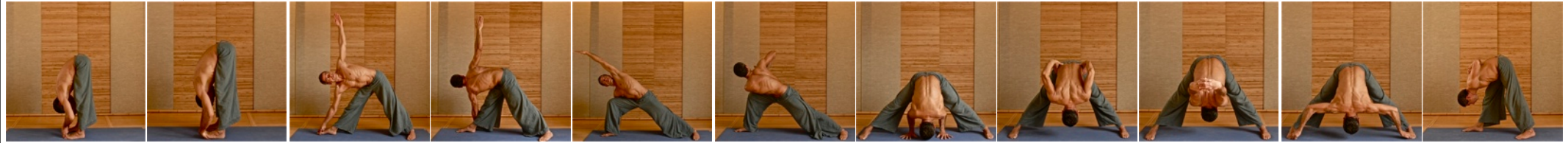


1. IN Utkatasana 2. EX Uttanasana 3. IN Uttanasana B 4. EX Chaturanga Dandasana 5. IN Urdhva Mukha Sbvanasana 6. EX Adho Mukha Sbvanasana 7. IN Virabhadrasana 8. EX Chaturanga Dandasana 9. IN Urdhva Mukha Sbvanasana 10. EX Adho Mukha Sbvanasana 11. IN Virabhadrasana



12. EX Chaturanga Dandasana 13. IN Urdhva Mukha Sbvanasana 14. EX Adho Mukha Sbvanasana 15. IN Uttanasana B 16. EX Uttanasana 17. IN Utkatasana EX Samasthithi

Fundamental Asanas ▶



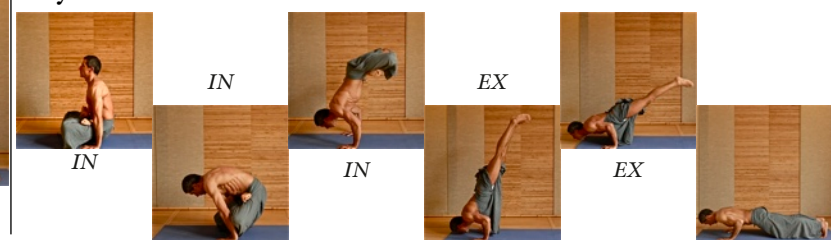
Padangusthasana Padabastana Utthita Trikonasana Paravritta Trikonasana Utthita Pasvakonasana Paravritta Pasvakonasana Prasarita Padottanasana A Prasarita Padottanasana B Prasarita Padottanasana C Prasarita Padottanasana D Parsvottanasana

Primary Series - Yoga Chikitsa ▶

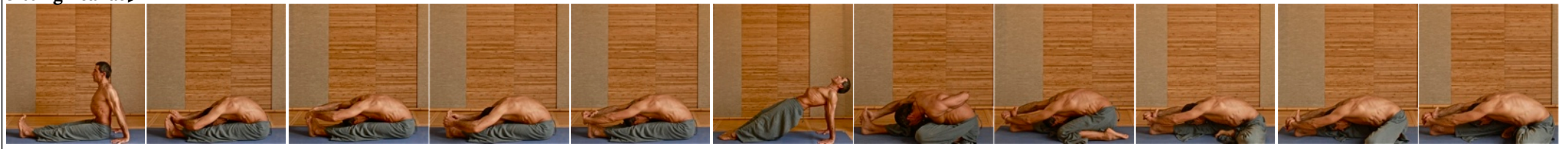


Utthita Hasta Utthita Parsvasabita Padangusthasana Ardha Baddha Padmottanasana Utkatasana Virabhadrasana A Virabhadrasana B

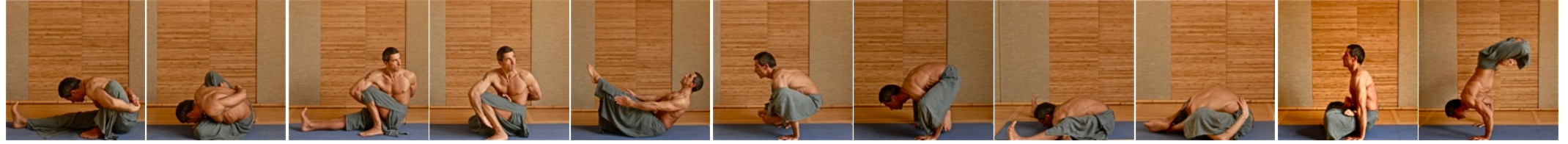
Vinyasa



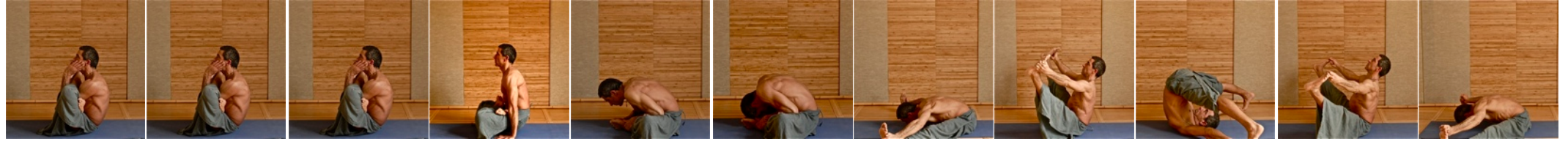
Sitting Asanas ▶



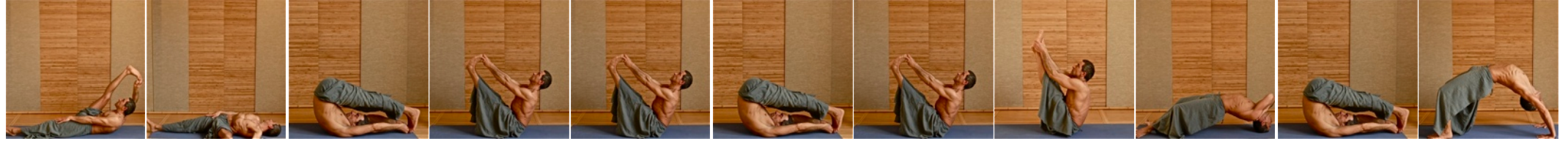
Dandasana Paschimattanasana A Paschimattanasana B Paschimattanasana C Paschimattanasana D Purvottanasana Ardha Baddha Padma Paschimattanasana Triang Mukha Ekapada Paschimattanasana Janushirshasana A Janushirshasana B Janushirshasana C



Marichyasana A Marichyasana B Marichyasana C Marichyasana D Navasana 5 times Bhujapidasana entry Bhujapidasana Kurmasana Supta Kurmasana Exit Kurmasana IN Exit Kurmasana EX

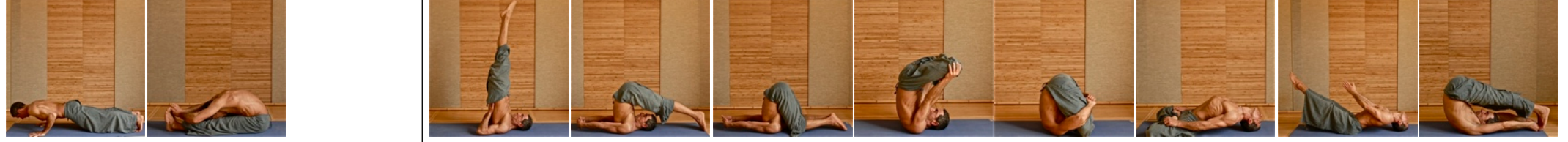


Garbha Pindasana exhale Head in rolling 9 times Kukkutasana Baddhakonasana A Baddhakonasana B Upavishta Konasana A Upavishta Konasana B Supta Konasana A IN roll up EX land

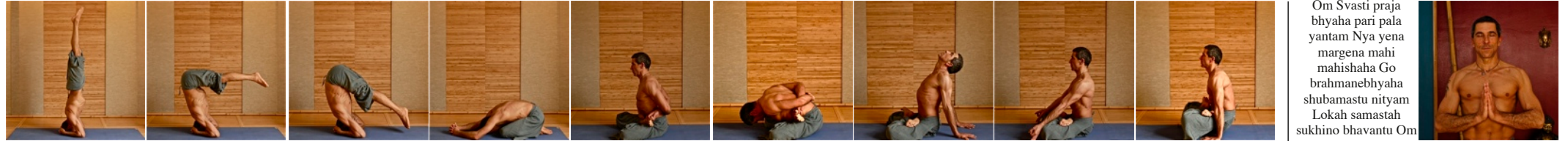


Supta Padangushtasana Supta Parsvasabita Chakrasana IN roll up Ubbaya Padangushtasana Entry > IN roll up Urdhva Mukha Paschimattanasana Setu Bandhasana Chakrasana Urdhva Danurasana 3 times

Finishing Asanas ▶

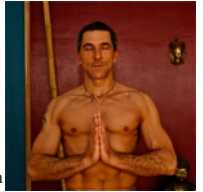


Chakrasana Paschimattanasana Salamba Sarvangasana Halasana Karnapidasana Urdhva Padmasana Pindasana Mathsyasana Uttana Padasana Chakrasana



Shirshasana A Ardha Shirshasana Shirshasana B Balasana Baddha Padmasana Yoga Mudra Panmasana Padmasana Utpluthee

Om Svasti praja
bhyaha pari pala
yantam Nya yena
margena mahi
mahishaha Go
brahmanebhyaha
shubamastu nityam
Lokah samastah
sukhino bhavantu Om
– Om shanti shanti
shanti



Mangala Mantra