



\*Follow your teacher instruction for further backband stretching\*

URDHVA DHANURASANA (Upward Bow) 5 min

THORAGA MUKTASANA (Thorax Release) 10 min

PASHCHIMOTTASANA C (Seated Forward Bend) 10 min

SARVANGASANA (Shoulder Stand) 10 min

HALASANA (Plow) 8 min

KARMARASANA (Star Pressure) 8 min

URDHVA PRADASANA (Upward Plow) 10 min

PADASANA (Finger Push) 10 min

MATSYASANA (Fish) 8 min

UTTARA PRADASANA (Extended Foot Plow) 10 min

BHADRASANA A (Heel Standing) 10 min

BALASANA (Child) 10 min

BHADRASANA B (Blind Lotus) 10 min

YOGA BHADRASANA A & B (Rings Cane) 10 min

PRADASANA (Lift Push) 10 min

UTTARA PRADASANA (Extended Lift) 10 min

TAKE REST

**MANGALA MANTRA** (closing mantra)

# ASHTANGA YOGA

## PRIMARY & INTERMEDIATE SERIES

ॐ स्वस्त्यस्तु परमात्मने नमः ॥  
गोब्रह्मणेभ्यः शुभमस्तु नित्यं लोकाः समस्ताः सुखिनी भवन्तु ॥  
ॐ शान्तः शान्तः शान्तः

 Suryanamaskar
  Samastithi
  Drishti
  Breaths
  Vinyasa
  Chakrasana

The purpose of this document is to help to memorize the sequence of the Primary / Intermediate Series and basic vinyasas, drishti, breathing of Ashtanga yoga. Each asana should be learned under the supervision of a qualified teacher.

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ॐ Svastiprajābhyah Paripālayantām  
Nyāyena Mārgena mahīm Mahisāh  
Gobrāhmanebhyah Subhamastu Nityam  
Lokāssamastāh Sukhinobhavanthu  
ॐ Sāntih, Sāntih, Sāntih