AṢṬĀṄGA YOGA PRIMARY SERIES

CAROLINE KLEBL

SAMASTITIHI EKAM DVE TRINI CATVARI PANCA SAT SAPTA ASTAU NAVA SAMASTITIHI

SAMASTITIHI EKAM DVE TRINI CATVARI PANCA SAT SAPTA ASTAU

NAVA DASA EKADASA DVADASA TRAYODASA CHATURDASA PANCADASA SODASA SAPTADASA SAMASTITIHI

PADANGUSTASANA PADA HASTASANA UTTHITA TRIKONASANA PARIVRITTA TRIKONASANA UTTHITA PARSVAKONASANA PARIVRITTA PARSVAKONASANA A B PRASARITA PADOTTANASANA

C D PRASARITA PADOTTANASANA PARSVOTTANASANA A B C UTTHITA HASTA PADANGUSTASANA ARDHA BADDHA PADMOTTANASANA UTKATASANA A B VIRABHADRASANA