

# Ashtanga list of Primary Series postures

Surya Namaskar A → Surya Namaskar B

## STANDING POSTURES

1. Padangusthasana (big toe pose) }
2. Pada Hastasana (hands under feet) } Forward Folds
3. Trikonasana (triangle) }
4. Parivritta Trikonasana (revolved triangle) }
5. Utthita Parsvakonasana (extended side angle) } The Pairs / Two sets of Twins
6. Parivritta Parsvakonasana (revolved side angle) }
7. Prasarita Padottanasana (wide leg forward fold) }
8. Parsvotthanasana (side intense stretch) } Folding again
9. Utthita Hasta Padangusthasana (extended hand to big toe) }
10. Ardha Baddha Padma Uttanasana (half bound lotus intense stretch) } Front of mat  
balancing postures
11. Utkatasana (fierce pose) }
12. Virabhadrasana I (warrior) } Your first vinyasas before and after Fierce  
Pose/Chair pose since the Sun Salutations...
13. Virabhadrasana II (warrior) }

## SEATED POSTURES

14. Dandasana (staff pose) }
  15. Paschimottanasana (3 X west intense stretch) } Upright, forward and backwards
  16. Purvottanasana (east intense stretch) }
  17. Ardha Baddha Padma *Paschimottanasana*  
bound lotus version of paschimottanasana) }
  18. Trianga Mukaikapada *Paschimottanasana*  
(1 leg folded back, forward fold) }
  19. Janu Sirsasana (head to knee pose) A, B & C }
  20. Marichyasana A, B C & D → Four postures with a pattern of folding and  
twisting. Marichi = Son of Brahma
- After Purvottanasana you enter a vinyasa storm! They are raining down on you. Jump backs and forwards are everywhere you look.
- Hip, Knee and Ankle Family:  
Flex at the hip, extend at the hip, externally rotate the hip, then internally rotate the hip... then the Janus.

Scaling the summit of the Primary series next and then coast towards Savasana

21. Navasana (boat) X5 → Downward Facing Dog to boat. Dog jumps into boat.

Finish the first half of Primary Series here. Now do some backbends to finish!

## Ashtanga list of Primary Series postures

The vinyasa storm has passed! No more right side left side vinyasas.

22. Bhujapidasana (arm pressure pose) → Jump back from Crow  
23. Kurmasana (tortoise)  
24. Supta Kurmasana (reclining tortoise) → Jump back  
25. Garbha Pindasana (embryo in the womb – 9 rolls)  
26. Kukkutasana (rooster) } No hiding the fact... this is not easy.
27. Baddha Konasana (bound angle, upright and → fold) → Jump back, vinyasa  
28. Upavista Konasana (wide angle seated forward fold) → release feet then lift  
29. Supta Konasana (reclining angle pose, open plow) → Jump back, lie down... } The Kona (angle) family of postures
30. Supta Padangustasana (reclining big toe pose A & B) → Just like the standing balances  
31. Ubhaya Padangustasana (both big toes pose) } As with seated versions  
32. Urdvha Mukha Paschimottanasana (upward facing paschimo) → Jump back  
33. Setu Bandhasana (bridge building pose) → Jump back

Now the finishing sequence

34. Urdvha Dhanurasana (upward bow – Lift 5 times)  
35. Paschimottanasana (intense stretch – 10 breaths.)  
36. Savasana (corpse)  
37. Salamba Sarvangasana (Shoulderstand – 10 – 25 breaths)  
38. Halasana (plow)  
39. Karnapidasana (ear pressure)  
40. Urdvha Padmasana (upward lotus)  
41. Pindasana in Sarvangasana (embryo)  
42. Matsyasana (fish.)  
43. Uttana Padasana (intense stretched feet or legs) } Since leaving Shoulder Stand we use eight breaths until headstand
44. Sirsasana (headstand A = 10 – 50 breaths B = 10 breaths) → Do Dolphin if the 90° legs in headstand is difficult  
45. Balasana (child's pose)

**THE FINAL THREE**

46. Baddha Padmasana (bound lotus and bow – 10 breaths) Also called Yoga Mudra  
47. Padmasana (lotus – 10 slow breaths)  
48. Tolasana (the uplifting – scales – 10 fierce Ujjaii breaths)  
49. *One more vinyasa to Savasana...*  
50. Savasana (corpse)