

Primary Series (All postures 5 breaths unless stated otherwise)



Utthita Hasta
Padangusthasana
(1 breath)



Utthita Hasta
Padangusthasana A



Utthita Hasta
Padangusthasana B



Utthita Hasta
Padangusthasana C
(both sides)



Ardha Baddha
Padmottanasana
(both sides)



Utkatasana



Virabhadrasana A
(both sides)



Virabhadrasana B
(both sides)



Dandasana



Paschimottanasana A



Paschimottanasana B



Purvottanasana



Ardha Baddha Padma
Paschimottanasana
(both sides)



Triang Mukha Eka Pada
Paschimottanasana
(both sides)



Janu Sirsasana A
(both sides)



Janu Sirsasana B
(both sides)



Janu Sirsasana C
(both sides)



Marichyasana A
(both sides)



Marichyasana B
(both sides)



Marichyasana C
(both sides)



Marichyasana D
(both sides)



Navasana
(5 times)



Bhujapidasana
(1 breath, head up)



Bhujapidasana



Tittibasana
(1 breath, inhale)



Bakasana
(1 breath, exhale)



Kurmasana



Supta Kurmasana



Garbha Pindasana



Garbha Pindasana
(roll 9 times)



Kukkutasana



Baddha Konasana
(1 breath)



Baddha
Konasana A



Baddha
Konasana B



Upavistha
Konasana A



Upavistha
Konasana B



Supta Konasana



Supta Padangusthasana
(1 breath, both sides...)



Supta
Padangusthasana A



Supta
Padangusthasana B



(Prepare)
(1 breath)



Ubhaya
Padangusthasana



(Prepare)
(1 breath)



Urdhva Mukha
Paschimattanasana



Setu
Bandhasana