

# Ashtanga Yoga Primary Series



1. Mountain Pose Namaste



2. Sun Salutation A



3. Sun Salutation B



4. Hand to Big Toe Pose



5. Standing Forward Bend Hands Under Feet Pose



6. Extended Triangle Pose



7. Revolved Triangle Pose



8. Extended Side Angle Pose



9. Revolved Side Angle Pose Hands On Floor



10. Intense Leg Stretch Pose



11. Intense Leg Stretch Pose B



12. Intense Leg Stretch Pose C



13. Intense Leg Stretch Pose D



14. Intense Side Stretch Pose



15. Standing Hand To Big Toe Pose In Front



16. Standing Hand To Big Toe Pose Forward Bend



17. Stretched Sideward Pose



18. Standing Hand To Big Toe Pose Forward Bend



19. Standing Balance One Leg Raised



20. Standing Forward Bend Half Bound Lotus Pose



21. Mountain Pose



22. Volcano Pose



23. Standing Forward Fold Pose



24. Sun Salutation Variation Quick Flow



25. Chair Pose



26. Standing Forward Fold Pose



27. Bunny Hops Pose Handstand Prep



28. Cobra Pose



29. Downward Facing Dog Pose



30. Warrior Pose I



31. Warrior Pose II



32. Bunny Hops Pose Handstand Prep



33. Cobra Pose



34. Jump Through To Staff Pose



35. Staff Pose



36. Staff Pose Raised Open Hands



37. Seated Forward Bend Pose A



38. Seated Forward Bend Pose



39. Pendant Pose



40. Four Limbed Staff Pose



41. Cobra Pose



42. Jump Through To Staff Pose



43. Upward Plank Pose



44. Staff Pose



45. Pendant Pose



46. Four Limbed Staff Pose



47. Cobra Pose



48. Jump Through To Staff Pose



49. Half Bound Lotus Forward Fold



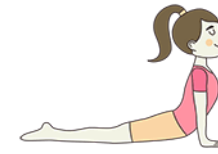
50. Staff Pose



51. Pendant Pose



52. Four Limbed Staff Pose



53. Cobra Pose



54. Jump Through To Staff Pose



55. One Leg Folded Forward Bend



56. Staff Pose



57. Pendant Pose



58. Four Limbed Staff Pose



59. Cobra Pose



60. Jump Through To Staff Pose



61. Head to Knee Pose



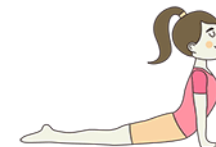
62. Staff Pose



63. Pendant Pose



64. Four Limbed Staff Pose



65. Cobra Pose



66. Jump Through To Staff Pose



67. Head On Knee Pose B



68. Staff Pose



69. Pendant Pose



70. Four Limbed Staff Pose



71. Cobra Pose



72. Jump Through To Staff Pose



73. Head On Knee Pose C



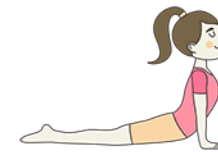
74. Staff Pose



75. Pendant Pose



76. Four Limbed Staff Pose



77. Cobra Pose



78. Jump Through To Staff Pose



79. Sage Twist Pose



80. Staff Pose



81. Pendant Pose



82. Four Limbed Staff Pose



83. Cobra Pose



84. Jump Through To Staff Pose



85. Sage Twist Pose B



86. Staff Pose



87. Pendant Pose



88. Four Limbed Staff Pose



89. Cobra Pose



90. Jump Through To Staff Pose



91. Marichi Pose C I



92. Staff Pose



93. Pendant Pose



94. Four Limbed Staff Pose



95. Cobra Pose



96. Jump Through To Staff Pose



97. Marichi Pose D



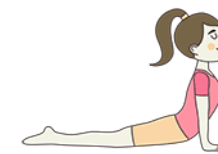
98. Staff Pose



99. Pendant Pose



100. Four Limbed Staff Pose



101. Cobra Pose



102. Jump Through To Staff Pose



103. Boat Pose



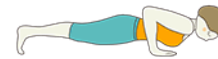
104. Pendant Pose



105. Boat Pose



106. Pendant Pose



107. Four Limbed Staff Pose



108. Cobra Pose



109. Jump Through To Staff Pose



110. Firefly Pose Variation Feet Crossed



111. Shoulder Press Pose Variation B



112. Firefly Pose



113. Crane Pose



114. Four Limbed Staff Pose



115. Cobra Pose



116. Downward Facing Dog Pose



117. Firefly Pose Variation Feet Crossed



118. Tortoise Pose



119. Reclining Turtle Pose



120. Two Feet To Head Pose II



121. Firefly Pose



122. Crane Pose



123. Four Limbed Staff Pose



124. Cobra Pose



125. Jump Through To Staff Pose



126. Embryo Pose



127. Cock Pose



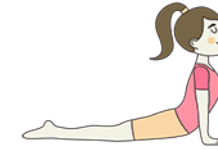
128. Scale Pose



129. Pendant Pose



130. Four Limbed Staff Pose



131. Cobra Pose



132. Jump Through To Staff Pose



133. Bound Angle Pose



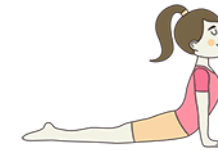
134. Butterfly Pose A



135. Pendant Pose



136. Four Limbed Staff Pose



137. Cobra Pose



138. Downward Facing Dog Pose



139. Upward Facing Seated Straddle Pose Holding Big

Toes



140. Seated Straddle Pose Variation



141. Upward Seated Straddle Pose



142. Pendant Pose



143. Four Limbed Staff Pose



144. Cobra Pose





145. Jump Through To Staff Pose



146. Corpse Pose (IRT)



147. Reclined Intense Back Stretch Pose



148. Reclining Angle Yoga Pose



149. Seated Straddle Pose Variation



150. Upward Facing Seated Straddle Pose Holding Big Toes



151. Pendant Pose



152. Four Limbed Staff Pose



153. Upward Facing Dog Pose



154. Jump Through To Staff Pose



155. Corpse Pose (IRT)



156. Reclined Big Toe Pose A



157. Reclined Big Toe Pose A Variation Nose To Leg



158. Reclined Big Toe Pose B



159. Reclined Big Toe Pose A



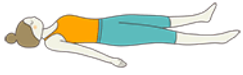
160. Reclined Big Toe Pose A Variation Nose To Leg



161. Wheel Pose Flow



162. Staff Pose



163. Corpse Pose (IRT)



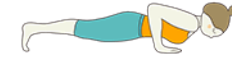
164. Reclined Intense Back Stretch Pose



165. Both Big Toe Pose



166. Pendant Pose



167. Four Limbed Staff Pose



168. Cobra Pose



169. Jump Through To Staff Pose



170. Staff Pose



171. Corpse Pose (IRT)



172. Reclined Intense Back Stretch Pose



173. Upward Facing Intense West Stretch



174. Celibates Pose



175. Four Limbed Staff Pose



176. Cobra Pose



177. Jump Through To Staff Pose



178. Staff Pose



179. Bridge Pose On Head



180. Wheel Pose Flow



181. Jump Through To Staff Pose



182. Corpse Pose (IRT)



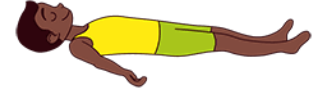
183. Wheel Pose



184. Corpse Pose (IRT)



185. Wheel Pose



186. Corpse Pose (IRT)



187. Wheel Pose



188. Wheel Pose Flow



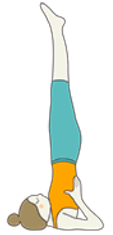
189. Jump Through To Staff Pose



190. Seated Forward Bend Pose



191. Corpse Pose (IRT)



192. Shoulderstand Pose



193. Plough Pose



194. Ear Pressure Pose



195. Upward Lotus Pose



196. Embryo Pose in Shoulder Stand



197. Fish Pose Variation Lotus



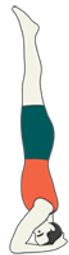
198. Raised Legs Pose



199. Wheel Pose Flow



200. Jump Through To Staff Pose



201. Headstand Pose



202. Upward Facing Staff Pose



203. Child Pose



204. Four Limbed Staff Pose



205. Cobra Pose



206. Jump Through To Staff Pose



207. Staff Pose



208. Psychic Union Pose Variation



209. Lotus Pose Chin Mudra Jalandhara Bandha



210. Scale Pose



211. Four Limbed Staff Pose



212. Cobra Pose



213. Jump Through To Staff Pose



214. Corpse Pose (IRT)

