

PRIMARY SERIES – YOGA CHIKITSA

Preparation for Paschimottanasana		Paschimottanasana		Purvatanasana		Ardha Baddha Padma Paschimottanasana		Tirangmukhaikapada Paschimottanasana		Janu Sirsasana A		Janu Sirsasana B		Janu Sirsasana C			
					V I N Y A S A S		V I N Y A S A S		V I N Y A S A S		V I N Y A S A S		V I N Y A S A S		V I N Y A S A S		
Dandasana						right side - vinyasas - left side		right side - vinyasas - left side		right side - vinyasas - left side		right side - vinyasas - left side		right side - vinyasas - left side			
Marichyasana A		Marichyasana B		Marichyasana C		Marichyasana D		Navasana		-> lift		Bhuja Pidasana		Kurmasana		Supta Kurmasana	
	V I N Y A S A S		V I N Y A S A S		V I N Y A S A S		V I N Y A S A S			V I N Y A S A S		V I N Y A S A S		V I N Y A S A S		V I N Y A S A S	
right side - vinyasas - left side		right side - vinyasas - left side		right side - vinyasas - left side		right side - vinyasas - left side		----- repeat 5 x -----									
Garbha Pindasana		-> rolling		Kukkutasana		Baddha Konasana		Upavishta Konasana		Supta Konasana							
			V I N Y A S A S		V I N Y A S A S		V I N Y A S A S		V I N Y A S A S		V I N Y A S A S		V I N Y A S A S		V I N Y A S A S		V I N Y A S A S
				Full version: arms btw calves & thighs										exhale			
Supta Padangusthasana		Ubhaya Padangusthasana		Urdhva Mukha Paschimottanasana		Setu Bandhasana											
	C H A K R A S A N A		V I N Y A S A S		V I N Y A S A S		C H A K R A S A N A		V I N Y A S A S		V I N Y A S A S		V I N Y A S A S		V I N Y A S A S		V I N Y A S A S
right & left side		exhale		exhale													