

Ashtanga Vinyasa Primary Series - Amit Payal

VINYASA
CHAKRASANA

Ashtanga
Sun Salutation
A



Posture	SAMASTHITI	URDHVA NAMASHKARASANA	UTTANASANA A	UTTANASANA B	CHATURANGA DANDASANA	URDHVA MUKHA SAVAN ASANA	ADHO MUKHA SAVAN ASANA	UTTANASANA B	UTTANASANA A	URDHVA NAMASHKARASANA	SAMASTHITI
Breathing		inhale	exhale	inhale	exhale	inhale	exhale	inhale	exhale	inhale	exhale
Drishti/Gazing Point	nose	thumb	nose	3rd eye	nose	upward	navel	3rd eye	nose	thumb	nose

Ashtanga
Sun Salutation

B



Posture	SAMASTHITI	UTKATASANA	UTTANASANA A	UTTANASANA B	CHATURANGA DANDASANA	URDHVA MUKHA SAVAN ASANA	ADHO MUKHA SAVAN ASANA	VIRABHADRASANA A	CHATURANGA DANDASANA	URDHVA MUKHA SAVAN ASANA	ADHO MUKHA SAVAN ASANA	VIRABHADRASANA A	CHATURANGA DANDASANA	URDHVA MUKHA SAVAN ASANA	ADHO MUKHA SAVAN ASANA	UTTANASANA B	UTTANASANA A	UTKATASANA	SAMASTHITI
Breathing		inhale	exhale	inhale	exhale	inhale	exhale	inhale	exhale	inhale	exhale	inhale	exhale	inhale	exhale	inhale	exhale	inhale	exhale
Drishti/Gazing Point	nose	thumb	nose	3rd eye	nose	upward	navel	thumb	nose	upward	navel	thumb	nose	upward	navel	3rd eye	nose	thumb	nose



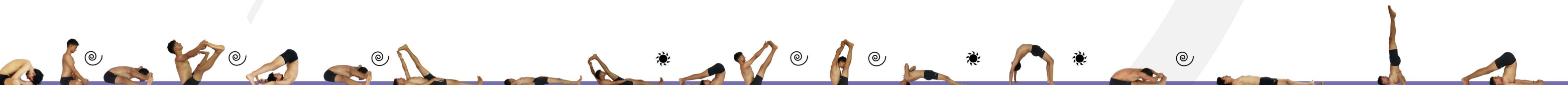
Posture	PADANGUSTHASANA	PADAHASTHASANA	UTTHITA TRIKONASANA	PARIVRTTA TRIKONASANA	UTTHITA PARSVAKONASANA	PARIVRTTA PARSVAKONASANA	PRASARITA PADOTTANASANA A	B	C	D	PARSVOTTANASANA	UTTHITA HASTA PASANGUSTHASANA A	B	C	D	ARDHA BADDHA PADMOTTANASANA	SAMASTITHI	URDHVA NAMASHKARASANA	UTTANASANA A	UTTANASANA B
Drishti/Gazing Point	nose	nose	palm	palm	palm	palm	nose	nose	nose	nose	big toe	big toe	side	nose	big toe	nose	nose	thumb	nose	3rd eye



Posture	CHATURANGA DANDASANA	URDHVA MUKHA SAVAN ASANA	ADHO MUKHA SAVAN ASANA	UTKATASANA	VINYASA	CHATURANGA DANDASANA	URDHVA MUKHA SAVAN ASANA	ADHO MUKHA SAVAN ASANA	VIRABHADRASANA A	B	VINYASA	CHATURANGA DANDASANA	URDHVA MUKHA SAVAN ASANA	ADHO MUKHA SAVAN ASANA	DANDASANA	PASCHIMOTTAN ASANA A	B	C
Drishti/Gazing Point	nose	upward	navel	thumb		nose	upward	navel	thumb	hand		nose	upward	navel	nose	nose	nose	nose



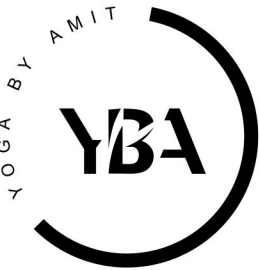
Posture	PURVATTANASANA	ARDHA BADDHA PADMA PASCHIMOTTAN ASANA	TRIANG MUKHA EK PADA PASCHIMOTTAN ASANA	JANU SIRSASANA A	B	C	MARICHYASANA A	B	C	D	NAVASANA	BHUJAPIDASANA	KURMASANA	SUPTA KURMASANA	GARBHA PINDASANA	KUKKUTASANA	BADDHA KONASANA A
Drishti/Gazing Point	3rd eye	nose	big toe	big toe	big toe	big toe	big toe	nose	side	side	toe	nose	nose	nose	3rd eye	3rd eye	3rd eye



Posture	B	C	UPAVISHTA KONASANA A	B	SUPTA KONASANA A	B	SUPTA PADANGUSTHASANA A	B	C	UBHAYA PADANGUSTHASANA	URDHVA MUKHA PASHIMOTTANASANA	SETU BANDHASANA	URDHVA DHANURASANA	PASCHIMOTTAN ASANA	5 Ujjai Breaths	SALAMBA SARVANGASANA	HALASANA
Drishti/Gazing Point	nose	nose	3rd eye	upward	nose	3rd eye	toe	side	foot	upward	foot	nose	3rd eye	nose		toe	nose



Posture	KARNAPIDASANA	URDHVA PADMASANA	PINDASANA	MATSYASANA	UTTANA PADASANA	SIRSASANA	URDHVA DANDASANA	YOGA MUDRA	PADMASANA	UTTPLUTHI	SAVASANA
Drishti/Gazing Point	nose	nose	nose	3rd eye	3rd eye	nose	nose	3rd eye	nose	nose	closes



YOGA BY AMIT
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