











Yoga with Ingela ~07726 345965~

Ashtanga Standing Series, Beginning with Surya Namaskara A&B

(Sun Salutation), 5 Times Each

<p><u>Pada Hastasana</u> <u>Hands under Feet</u></p>		<p><u>Padanghustasana</u> <u>Holding Big Toes</u></p>	
<p><u>Uthita</u> <u>Trikonasana</u> <u>(Intense Triangle)</u></p>		<p><u>Parivritta</u> <u>Trikonasana</u> <u>(Revolved Triangle)</u></p>	
<p><u>Parsvokonasana</u> <u>(Intense Side Stretch)</u></p>		<p><u>Parivritta</u> <u>Parsvokonasana</u> <u>(Revolved Intense Side Stretch)</u></p>	
<p><u>Prasarita</u> <u>Padottanasana</u> <u>(Wide Legged Forward Bend)</u></p>		<p><u>Parsvottanasana</u> <u>(Side Stretch Pose)</u></p>	

<p><u>Uthita</u> <u>Padangusthasana</u> <u>(Standing Big-Toe Pose)</u></p>		<p><u>Utkatasana</u> <u>(Chair Pose/Fierce Pose)</u></p>	
<p><u>Surya</u> <u>Namaskara</u> <u>Sun Salutation</u> <u>A</u></p>		<p><u>Virabhadrasana I</u> <u>(Warrior I)</u></p>	
<p><u>Virabhadrasana II</u> <u>(Warrior II)</u></p>		<p><u>Jump Through to</u> <u>Sukhasana</u> <u>(Easy Pose) ~</u> <u>Breathe...</u> <u>Start Primary</u> <u>Series</u> <u>On Mat</u></p>	














 *Namaste'*

*I honor the place in you  
in which the entire universe dwells.  
I honor the place in you  
which is of love, of truth,  
of light, and of peace.  
When you are in that place in you  
and I am in that place in me,  
**we are one.***



Ashtanga Primary Series: On Mat:

<p><u>Dandasana (Staff Pose)</u> To:</p> <p><u>Paschimottanasana (Western Pose)</u> (Thumb/Big Toe) (Hands around Feet)</p>		<p><u>Purvottanasana (Eastern Pose)</u></p>	
<p><u>Ardha Baddha Padma (Half Lotus Western Pose)</u></p>		<p><u>Tiryangmukikapada (3-Limbed Western Pose)</u></p>	
<p><u>Janu Sirsasana (Knee-Head)</u></p>		<p><u>Marichiasana</u></p>	
<p><u>Marichiasana with Twist</u></p>		<p><u>Navasana (Boat)</u></p>	

<p><u>Vinyasa</u> (<u>Surya Namaskara</u> <u>A</u>)</p>		<p><u>Kurmasana</u> (<u>Tortoise</u>)</p>	
<p><u>Padmasana</u> (<u>Lotus</u>) <u>Or Half Lotus</u></p>		<p><u>Kukkutasana</u> (<u>Rooster</u>) (<u>Then down and Roll</u> <u>on Back in Circle</u>)</p>	
<p><u>Baddha Konasana</u> (<u>Bound Angle</u>) (<u>Soles of Feet</u> <u>Together</u>)</p>		<p><u>Upavishta Konasana</u> (<u>Nasagra</u>) (<u>On Floor</u>) (<u>Kundalini Lotus</u> <u>Down</u>)</p>	
<p><u>Upavishta</u> <u>Konasana</u> (<u>Urdhva</u>) (<u>Up from Floor</u>) (<u>Kundalini Lotus</u>)</p>		<p><u>Supta Konasana</u> (<u>Breath, Roll, Touch</u>) (<u>Kundalini Lotus</u> <u>Upside-down</u>)</p>	
<p><u>Supta</u> <u>Padangustasana</u> (<u>Reclining</u> <u>Toe/Hand/Nose</u> <u>Pose</u>)</p>		<p><u>Setu Bandha</u> <u>Sirvangasana</u> (<u>Supported Bridge</u> <u>Pose</u>)</p>	
<p><u>Urdhva</u> <u>Dhanurasana</u> (<u>Full Wheel or</u> <u>Upward Bow Pose</u>)</p>		<p><u>Paschimottanasana</u> (<u>Western Pose</u>)</p>	
<p><u>Matsyasana</u> (<u>Fish Pose</u>)</p>		<p><u>Savasana</u> (<u>Corpse Pose</u>) Five Minutes Per 30 minutes of Yoga Practice</p>	