



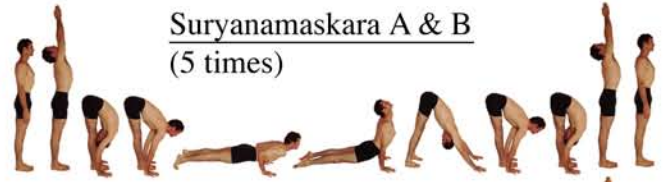
# ASHTANGA YOGA VICTORIA

## Primary Series Sequence

With humble thanks and eternal reverence to our teacher Sri K. Pattabhi Jois of Mysore, India.  
Om Sri Gurubhyo Namaha

### Suryanamaskara A & B (5 times)

A



B



### Fundamental Asanas



Pādānguṣṭhāsana



Pādā Haṣṭāsana



Utthita Trikoṇāsana A



Utthita Trikoṇāsana B



Utthita Pārśvakoṇāsana A



Utthita Pārśvakoṇāsana B



Prasārita Padottānāsana A



Prasārita Padottānāsana B



Prasārita Padottānāsana C



Prasārita Padottānāsana D



Pārśvottānāsana

### Primary Series Postures



A



B

Utthita Hasta Pādānguṣṭhāsana



C



Ardha Baddha Padmottānāsana



Utkaṭāsana



Vīrabhadrāsana A



Vīrabhadrāsana B



Paschimattānāsana  
(Preparation)



Paschimattānāsana A



Paschimattānāsana B



Pūrvattānāsana

“99% Practice,  
1% Theory!”

“You take practice,  
you think God”  
Sri K. Pattabhi Jois



Ardha Baddha Padma  
Paschimattānāsana



Triang Mukhaekapāda  
Paschimattānāsana



Jānu Śīrṣāsana A



Jānu Śīrṣāsana B



Jānu Śīrṣāsana C



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Om Sri Gurubhyo Namaha

### Primary Series Postures Continued



Marichyasana A



Marichyasana B



Marichyasana C



Marichyasana D



Navasana



Bujapidasana



Kurmāsana



Supta Kurmāsana



Garbha Pinḍāsana



Kukkuṭāsana



Baddha Koṅāsana A



Baddha Koṅāsana B



Upaviṣṭha Koṅāsana A



Upaviṣṭha Koṅāsana B



Supta Koṅāsana



Supta Pādānguṣṭhāsana A



Supta Pādānguṣṭhāsana



Ubhaya  
Pādānguṣṭhāsana



Ūrdhva Mukha  
Paschimattānāsana



Setu Bandhāsana



Ūrdhva Dhanurāsana

### Closing Sequence



Sālamba Sarvāṅgāsana



Halāsana



Karṇapīdāsana



Ūrdhva Padmāsana



Piṅḍāsana



Mathsyāsana

### Final 3 Closing Postures



Yoga Mudra



Padmāsana



Utplutih



Śavāsana (Take Rest)



Uttāna Pādāsana



Śīrṣāsana A



Śīrṣāsana B