

Yoga Chikitsa – Primary Series of Ashtanga Yoga – Basic Form


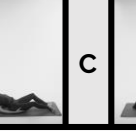
	<p>Ashtanga Yoga Mantra</p> <p>om vande gurūnām caraṇāravinde samdarsīta-svātma-sukhāvabodhe niḥśreyase jāṅgalikāyamāṇe saṁsāra-hālāhala-moha-śāntyai ābāhu-puruṣākāraṁ śaṅkha-cakrāsi-dhāriṇam sahasra-śirasāṁ śvetam praṇamāmi patañjalim om</p>	S	<p>5x Surya Namaskara A</p> 	S
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<p>5x Surya Namaskara B</p> 															S
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Fundamentals		S		S		S	A	B	C	D	S		S
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Primary Series		S		S	V		V		V		V	A	B	C	C	V		V		V		V
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A	V	B	V	C	V	A	V	B	V	C	V	D	V	3-5x	V	V	V	9x	V
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A	B	C	V		V		V		V	C		V		V	C	3-5x		C
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Finishing	10-25	5-10	5-10	5-10	5-10	5-10	5-10	5-10	C	10-25	10-25	1-20		V	5-10	5-10	0-10	10-25	V	S
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	<p>Mangala Mantra</p> <p>om svasti-prajābhyaḥ paripālayantām nyāyena mārgeṇa mahīm mahīśāḥ go-brāhmaṇebhyaḥ śubham-astu nityam lokāḥ samastāḥ sukhino bhavantu om śāntiḥ śāntiḥ śāntiḥ</p>	V	<p>10-20min</p> 
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S	Samasthitiḥ
V	Vinyāsa
C	Chakrāsana