

Yoga Class Map

Ashtanga Primary Series I:

Opening Sequence (Surya Namaskara A and B):

Surya Namaskara A (Sun Salutation A)

IN/EX Tadasana (Mountain Pose)
IN Urdhva Hastasana (Upward Salute)
EX Uttanasana (Standing Forward Bend)
IN Ardha Uttanasana (Half Standing Forward Bend)
EX Phalakasana (Plank Pose)
Chaturanga Dandasana (Four-Limbed Staff Pose)
IN Urdhva Mukha Svanasana (Upward-Facing Dog)
EX Adho Mukha Svanasana (Downward-Facing Dog)

Surya Namaskara B (Sun Salutation B)

IN Tadasana (Mountain Pose)
EX Utkatasana (Chair Pose)
IN Uttanasana (Standing Forward Bend)
EX Ardha Uttanasana (Half Standing Forward Bend)
IN Phalakasana (Plank Pose)
EX Chaturanga Dandasana (Four-Limbed Staff Pose)
IN Urdhva Mukha Svanasana (Upward-Facing Dog)
EX Adho Mukha Svanasana (Downward-Facing Dog)
IN Virabhadrasana I (Warrior I)
EX Chaturanga Dandasana (Four-Limbed Staff Pose)
IN Urdhva Mukha Svanasana (Upward-Facing Dog)
EX Adho Mukha Svanasana (Downward-Facing Dog)

Primary Series (Yoga Chikitsa): Beginning on an inhale...

Padangusthasana (Big Toe Pose)
Padahasthasana (Hand-to-Foot Pose)
Utthita Trikonasana (Extended Triangle Pose)
Parivrtta Trikonasana (Revolved Triangle Pose)
Utthita Parsvakonasana (Extended Side Angle Pose)
Parivrtta Parsvakonasana (Revolved Side Angle Pose)
Prasarita Padottanasana A, B, C, D (Wide-Legged Forward Bend)
Parsvottanasana (Intense Side Stretch Pose)

Utthita Hasta Padangusthasana A, B, C, D (Extended Hand-to-Big-Toe Pose)
Ardha Baddha Padmottanasana (Half-Bound Lotus Standing Forward Bend)
Utkatasana (Chair Pose)
Virabhadrasana A (Warrior I)
Chaturanga Dandasana (Four-Limbed Staff Pose)
Urdhva Mukha Svanasana (Upward-Facing Dog)
Adho Mukha Svanasana (Downward-Facing Dog)
Virabhadrasana B (Warrior II)
Dandasana (Staff Pose)
Paschimottanasana A, B, C, D (Seated Forward Bend)
Purvottanasana (Upward Plank Pose)
Ardha Baddha Padma Paschimottanasana (Half-Bound Lotus Seated Forward Bend)
Trianga Mukhaikapada Paschimottanasana (Three-Limbed Forward Bend)
Janu Sirsasana A, B, C (Head-to-Knee Forward Bend)
Marichyasana A, B, C, D (Sage Marichi's Pose)
Navasana (Boat Pose)
Bhujapidasana (Shoulder-Pressing Pose)
Kurmasana (Tortoise Pose)
Supta Kurmasana (Reclining Tortoise Pose)
Garbha Pindasana (Embryo Pose)
Kukkutasana (Rooster Pose)
Baddha Konasana A, B, C, D (Bound Angle Pose)
Upavishta Konasana A, B, C (Seated Angle Pose)
Supta Konasana (Reclining Angle Pose)
Supta Padangusthasana A, B, C, D (Reclining Big Toe Pose)
Ubhaya Padangusthasana (Both Big Toe Pose)
Urdhva Mukha Paschimottanasana (Upward-Facing Intense West Stretch Pose)
Setu Bandhasana (Bridge Pose)
Urdhva Dhanurasana (Upward Bow Pose)
Paschimottanasana (Seated Forward Bend)
Salamba Sarvangasana (Supported Shoulderstand)
Halasana (Plow Pose)
Karnapidasana (Ear Pressure Pose)
Urdhva Pindasana (Upward Embryo Pose)
Matsyasana (Fish Pose)
Uttana Padasana (Extended Leg Pose)
Chaturanga Dandasana (Four-Limbed Staff Pose)
Urdhva Mukha Svanasana (Upward-Facing Dog)
Exhale Adho Mukha Svanasana (Downward-Facing Dog)

Finishing Sequence: Each pose is held for a round of 5 to 10 breaths

Balasana (Child's Pose)

Yoga Mudra (Seated Forward Bend with Hands Bound)

Padmasana (Lotus Pose)

Uttpluthih (Upward Lift)

Hold for 5 to 15 minutes:

Savasana (Corpse Pose)

The Ashtanga Primary Series is traditionally practiced in a flowing sequence, with each posture linked by vinyasas (movements synchronized with breath).

It's important to approach this sequence mindfully and with proper alignment to prevent injury and promote a deeper connection with your practice.

If you're new to Ashtanga yoga or have any concerns about specific postures, consider practicing under the guidance of a certified yoga instructor. Enjoy your practice!