ASHTANGA VINYASA YOGA

YOGA CHIKITSA

(PRIMARY SERIES - by VIJAYA KUMAR)

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Surya Namaskara A

Surya Namaskara B

PADA ANGUSTASANA

PADA HASTASANA

TRIKONASANA

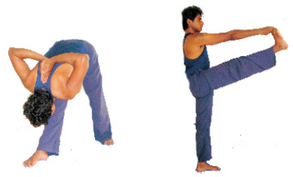
PARIVRTTA TRIKONASANA

PARSVAKONASANA

PARIVRTTA PARSVAKONASANA

A B C D

PRASARITA PADOTTANASANA

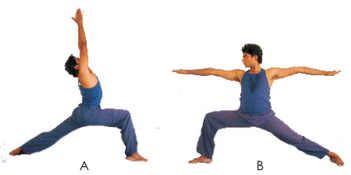


PARSVOTTANASANA

UTTITA HASTA PADANGUSTASANA

ARDHA BADDA PADMOTTANASANA

UTKATASANA



A B

VIRA BHADRASANA

DANDASANA

A

B

PASCHIMOTTANASANA

C

PURVOTTANASANA

ARDHA BADDA PADMAPASCHIMOTTANASANA

TRIANGAMUKHAIKA PASCHIMOTTANASANA

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MARICHYASANA

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MARICHYASANA

NAVASANA

BHUJA PIDASANA

KURMASANA

SUPTA KURMASANA

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A

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BADDA KONASANA

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PINDASANA

MATSYASANA

UTTANAPADASANA

SHIRSASANA

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BADDA PADMASANA

PADMASANA

UTPLUTTIHI