



The Primary Series of Aṣṭāṅga yoga (Yoga cikitsā)

Opening Mantrāḥ

om̐
vande gurūṇāṁ caraṇāravinde
sandarśita svātma sukhāva bodhe
niḥśreyase jāṅgalikāyamāne
saṁsāra hālāhala moha śāntyai

ābāhu puruṣākāraṁ
śankha cakrāsi dhāriṇam
sahasra śīrasaṁ śvetaṁ
praṇamāmi patañjalim
om̐

Om
*I pray to the lotus feet of the supreme guru
Who teaches knowledge, awakening of the
great happiness of the Self revealed
Who acts like the jungle physician
Able to remove the delusion from the
poison of conditioned existence*

*To Patanjali, an incarnation of Adisesa,
white in colour with a thousand radiant heads
(in his form as the divine serpent, Ananta),
human in form below the shoulders,
holding the sword of discrimination,
a wheel of fire representing infinite time,
and the conch representing divine sound.
To him, I prostrate.
Om*



Standing Āsanas



Pādāṅguṣṭhāsana
Nāsāgra dr̥ṣṭi
3 vinyāsas (ā:2)



Pāda hastāsana
Nāsāgra dr̥ṣṭi
3 vinyāsas (ā:2)



Utthita trikoṇāsana A
Hastāgra dr̥ṣṭi
5 vinyāsas (ā:2&4)



Utthita trikoṇāsana B
Hastāgra dr̥ṣṭi
5 vinyāsas (ā:2&4)



Utthita pārśvakopāsana A
Hastāgra dr̥ṣṭi
5 vinyāsas (ā:2&4)



Utthita pārśvakopāsana B
Hastāgra dr̥ṣṭi
5 vinyāsas (ā:2&4)



Prasārita pādottānāsana A
Nāsāgra dr̥ṣṭi
5 vinyāsas (ā:3)



Prasārita pādottānāsana B
Nāsāgra dr̥ṣṭi
4 vinyāsas (ā:3)



Prasārita pādottānāsana C
Nāsāgra dr̥ṣṭi
4 vinyāsas (ā:3)



Prasārita pādottānāsana D
Nāsāgra dr̥ṣṭi
5 vinyāsas (ā:3)



Pārsvottānāsana
Pādāgra dr̥ṣṭi
5 vinyāsas (ā:2&4)



Utthita hasta pādāṅguṣṭhāsana
Pādāgra & pārśva dr̥ṣṭi
14 vinyāsas (ā:2,4,7&9,11,14)



Ardha baddha padmottānāsana
Pādāgra dr̥ṣṭi
9 vinyāsas (ā:2&7)



Utkatāsana
Aṅguṣṭha dr̥ṣṭi
13 vinyāsas (ā:7)



> Jump



Vīrabhadhrāsana
Aṅguṣṭha & pārśva dr̥ṣṭi
16 vinyāsas (ā:7,8&9,10)



Seated Āsanas



Dandāsana
Nāsāgra dr̥ṣṭi
(ā:7)



Paścimattānāsana A
Pādāgra dr̥ṣṭi
16 vinyāsas (ā:9)



Paścimattānāsana B oder D
Pādāgra dr̥ṣṭi
16 vinyāsas (ā:9)



Pūrvattānāsana
Nāsāgra dr̥ṣṭi
15 vinyāsas (ā:8)



Ardha baddha padma paścimattānāsana
Pādāgra dr̥ṣṭi
22 vinyāsas (ā:8&15)



Tiryaṅgmukha ekapāda paścimattānāsana
Pādāgra dr̥ṣṭi
22 vinyāsas (ā:8&15)



Jānuśīrṣāsana A
Pādāgra dr̥ṣṭi
22 vinyāsas (ā:8&15)



Jānuśīrṣāsana B
Pādāgra dr̥ṣṭi
22 vinyāsas (ā:8&15)



Jānuśīrṣāsana C
Pādāgra dr̥ṣṭi
22 vinyāsas (ā:8&15)



Maricāsana A
Pārśva dr̥ṣṭi
22 vinyāsas (ā:8&15)



Maricāsana B
Nāsāgra dr̥ṣṭi
22 vinyāsas (ā:8&15)



Maricāsana C
Pārśva dr̥ṣṭi
18 vinyāsas (ā:7&12)



Maricāsana D
Pārśva dr̥ṣṭi
18 vinyāsas (ā:7&12)



Nāvāsana
Pādāgra dr̥ṣṭi
13 vinyāsas (ā:7)



Bhujapīdāsana
Nāsāgra dr̥ṣṭi
15 vinyāsas (ā:8)



Kūrmāsana
Nāsāgra dr̥ṣṭi
14 vinyāsas (ā:7)



Supta kūrmāsana
Nāsāgra dr̥ṣṭi
16 vinyāsas (ā:9)



Garbha pīdāsana
Nāsāgra dr̥ṣṭi
16 vinyāsas (ā:8,9)



Kukkutāsana
Nāsāgra dr̥ṣṭi
15 vinyāsas (ā:9)



Baddha koṇāsana
Nāsāgra dr̥ṣṭi
17 vinyāsas (ā:8&10)



Upaviṣṭha koṇāsana A
Nāsāgra dr̥ṣṭi
15 vinyāsas (ā:8)



Upaviṣṭha koṇāsana B
Ūrdhva dr̥ṣṭi
16 vinyāsas (ā:10)



Supta koṇāsana
Nāsāgra dr̥ṣṭi
16 vinyāsas (ā:8)



> Inhale



> Exhale



Supta pādāṅguṣṭhāsana
Pādāgra & pārśva dr̥ṣṭi
28 vinyāsas (ā:9,11&17,19)



Ubhaya pādāṅguṣṭhāsana
Ūrdhva dr̥ṣṭi
15 vinyāsas (ā:9)



Ūrdhva mukha paścimattānāsana
Pādāgra dr̥ṣṭi
17 vinyāsas (ā:10)



Setu bandhāsana
Nāsāgra dr̥ṣṭi
15 vinyāsas (ā:9)



Ūrdhva dhanurāsana
Nāsāgra dr̥ṣṭi
15 vinyāsas (ā:9)



Paścimattānāsana
Pādāgra dr̥ṣṭi
16 vinyāsas (ā:9)

Finishing Āsanas



Salarbha sarvāṅgāsana
Nāsāgra dr̥ṣṭi
13 vinyāsas (ā:8)



Halāsana
Nāsāgra dr̥ṣṭi
13 vinyāsas (ā:8)



Karna pīdāsana
Nāsāgra dr̥ṣṭi
13 vinyāsas (ā:8)



Ūrdhva padmāsana
Nāsāgra dr̥ṣṭi
14 vinyāsas (ā:9)



Pīdāsana
Nāsāgra dr̥ṣṭi
14 vinyāsas (ā:9)



Matsyāsana
Nāsāgra dr̥ṣṭi
14 vinyāsas (ā:9)



Uttāna pādāsana
Nāsāgra dr̥ṣṭi
14 vinyāsas (ā:9)



Śīrṣāsana
Nāsāgra dr̥ṣṭi
13 vinyāsas (ā:8)



Mangala Mantrāḥ

om
svasti prajābhyaḥ paripālayantām
nyāyena mārgeṇa mahīm mahīśāḥ
gobrāhmaṇebhyaḥ śubhamastu nityam
lokasāmastā sukhino bhavantu
om śāntiḥ śāntiḥ śāntiḥ

Om
May prosperity be glorified
May administrators rule the world with law and justice
May all things that are sacred be protected
May people of the world be happy and prosperous
Om peace peace peace



Baddha padmāsana
Nāsāgra dr̥ṣṭi
(ā:8)



Yoga mudrā
Nāsāgra dr̥ṣṭi
(ā:9)



Padmāsana
Nāsāgra dr̥ṣṭi
(ā:10)



Utpluthi
Nāsāgra dr̥ṣṭi
16 vinyāsas (ā:11)



Take rest