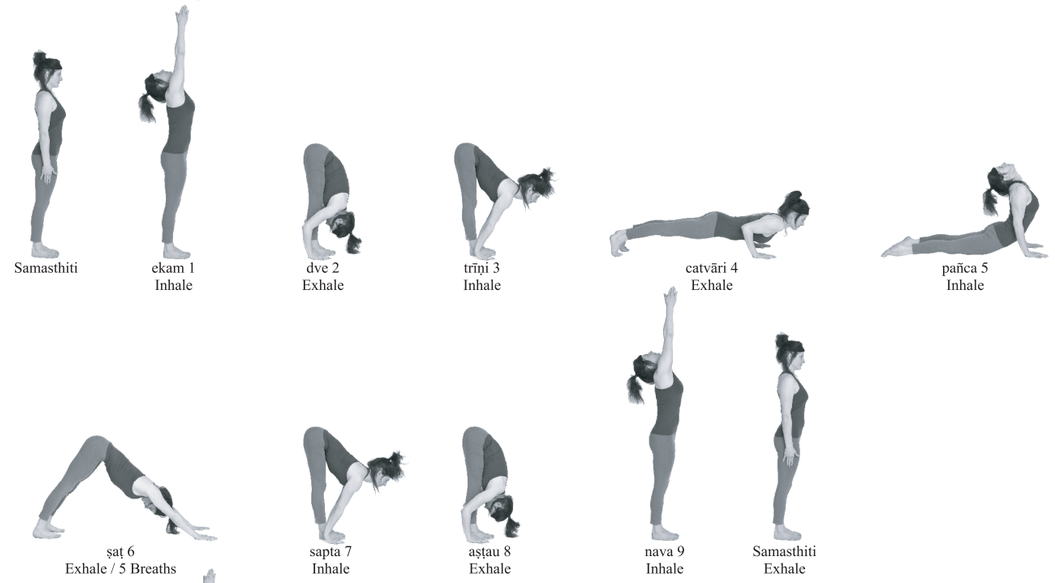
The Intermediate Series of Aṣṭāṅga yoga (Nāḍī śodhana)

Opening Mantrāḥ

oṁ	*Om*
vande gurūṇāṁ caraṇāravinde	*I pray to the lotus feet of the supreme guru*
sandarśita svātma sukhāva bodhe	*Who teaches knowledge, awakening of the*
niḥśreyase jāṅgalikāyamāne	*great happiness of the Self revealed*
saṁsāra hālāhala moha śāntyai	*Who acts like the jungle physician*
	Able to remove the delusion from the
ābāhu puruṣākāraṁ	*poison of conditioned existence*
śankha cakrāsi dhāriṇam	
sahasra śirasaṁ śvetaṁ	*To Patanjali, an incarnation of Adisesa,*
praṇamāmi patañjalim	*white in colour with a thousand radiant heads*
oṁ	*(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

Sūrya Namaskāra A



Sūrya Namaskāra B

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Standing Āsanas

Pādāṅguṣṭhāsana
Nāsāgra dṛṣṭi
3 vinyāsas (ā:2)

Pāda Hastāsana
Nāsāgra dṛṣṭi
3 vinyāsas (ā:2)

Utthita Trikoṇāsana A
Hastāgra dṛṣṭi
5 vinyāsas (ā:2&4)

Utthita Trikoṇāsana B
Hastāgra dṛṣṭi
5 vinyāsas (ā:2&4)

Utthita Pārśvakoṇāsana A
Hastāgra dṛṣṭi
5 vinyāsas (ā:2&4)

Utthita Pārśvakoṇāsana B
Hastāgra dṛṣṭi
5 vinyāsas (ā:2&4)

Prasārita Pādottānāsana A
Nāsāgra dṛṣṭi
5 vinyāsas (ā:3)

Prasārita Pādottānāsana B
Nāsāgra dṛṣṭi
4 vinyāsas (ā:3)

Prasārita Pādottānāsana C
Nāsāgra dṛṣṭi
4 vinyāsas (ā:3)

Prasārita Pādottānāsana D
Nāsāgra dṛṣṭi
5 vinyāsas (ā:3)

Pārśvottānāsana
Pādāgra dṛṣṭi
5 Vinyāsas (ā:2&4)

Intermediate Āsanas

Pāśāsana
Pārśva dṛṣṭi
14 vinyāsas (ā:7&8)

Krauñcāsana
Pādāgra dṛṣṭi
22 vinyāsas (ā:8&15)

Śalabhāsana A & B
Nāsāgra dṛṣṭi
9 vinyāsas (ā:5)

Bhekāsana
Nāsāgra dṛṣṭi
9 vinyāsas (ā:5)

Dhanurāsana
Nāsāgra dṛṣṭi
9 vinyāsas (ā:5)

Pārśva dhanurāsana
Nāsāgra dṛṣṭi
13 vinyāsas (ā:6&8)

Uṣṭrāsana
Nāsāgra dṛṣṭi
15 vinyāsas (ā:8)

Laghu vajrāsana
Nāsāgra dṛṣṭi
15 vinyāsas (ā:8)

Kapotāsana
Nāsāgra dṛṣṭi
15 vinyāsas (ā:8)

Supta vajrāsana
Nāsāgra dṛṣṭi
15 vinyāsas (ā:9)

Bakāsana A & B
Nāsāgra dṛṣṭi
13/12 vinyāsas (ā:8/7)

Bharadvājāsana
Pārśva dṛṣṭi
20 vinyāsas (ā:8&14)

Ardha matsyendrāsana
Pārśva dṛṣṭi
20 vinyāsas (ā:8&14)

Eka pāda śirṣāsana
Pādāgra dṛṣṭi
22 vinyāsas (ā:8&15)

Dvi pāda śirṣāsana
Nāsāgra dṛṣṭi
14 vinyāsas (ā:7/8)

Yoganidrāsana
Brūmadhya dṛṣṭi
13 vinyāsas (ā:8)

ṭiṭṭibhāsana A, B & C
Nāsāgra dṛṣṭi
16 vinyāsas (ā:7/8/9)

Piñchamayūrāsana
Nāsāgra dṛṣṭi
13 vinyāsas (ā:8)

Preparation
>Exhale

Kāraṇḍavāsana
Nāsāgra dṛṣṭi
15 vinyāsas (ā:9)

Mayūrāsana
Nāsāgra dṛṣṭi
9 vinyāsas (ā:5)

Nakrāsana
Nāsāgra dṛṣṭi
9 vinyāsas (ā:5)

Vātāyanāsana
Ūrdhva dṛṣṭi
20 vinyāsas (ā:7&12)

Parighāsana
Ūrdhva dṛṣṭi
22 vinyāsas (ā:8&15)

Finishing Āsanas

Gomukhāsana
Nāsāgra & ūrdhva dṛṣṭi
20 vinyāsas (ā:7/8&13/14)

Preperation
> exhale

Supta ūrdhva pāda vajrāsana
Pārśva dṛṣṭi
22 vinyāsas (ā:9&16)

Mukta hasta śirṣāsana A, B & C
Nāsāgra dṛṣṭi
13 vinyāsas (ā:8)

Baddha hasta śirṣāsana A, B, C & D
Nāsāgra dṛṣṭi
13 vinyāsas (ā:8)

Ūrdhva Dhanurāsana
Nāsāgra dṛṣṭi
15 vinyāsas (ā:9)

Paścimattānāsana
Pādāgra dṛṣṭi
16 vinyāsas (ā:9)

Salaṁba Sarvāṅgāsana
Nāsāgra dṛṣṭi
13 vinyāsas (ā:8)

Halāsana
Nāsāgra dṛṣṭi
13 vinyāsas (ā:8)

Karna Pīḍāsana
Nāsāgra dṛṣṭi
13 vinyāsas (ā:8)

Ūrdhva Padmāsana
Nāsāgra dṛṣṭi
14 vinyāsas (ā:9)

Pinḍāsana
Nāsāgra dṛṣṭi
14 vinyāsas (ā:9)

Matsyāsana
Nāsāgra dṛṣṭi
14 vinyāsas (ā:9)

Uttāna Pādāsana
Nāsāgra dṛṣṭi
14 vinyāsas (ā:9)

Śirṣāsana
Nāsāgra dṛṣṭi
13 vinyāsas (ā:8)

Baddha Padmāsana
Nāsāgra dṛṣṭi
(ā:8)

Yoga Mudrā
Nāsāgra dṛṣṭi
(ā:9)

Padmāsana
Nāsāgra dṛṣṭi
(ā:10)

Utpluthi
Nāsāgra dṛṣṭi
16 vinyāsas (ā:11)

Take rest

Maṅgala Mantrāḥ

oṁ	*Om*
svasti prajābhyaḥ paripālayantāṁ	*May prosperity be glorified*
nyāyena mārgeṇa mahīṁ mahīśāḥ	*May administrators rule the world with law and justice*
gobrāhmaṇebhyaḥ śubhamastu nityaṁ	*May all things that are sacred be protected*
lokasāmastā sukhino bhavantu	*May people of the world be happy and prosperous*
oṁ śāntiḥ śāntiḥ śāntiḥ	*Om peace peace peace*

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