

PRIMARY SERIES - YOGA CHIKITSA

Preparation for Paschimottanasana	Paschimottanasana	Purvatanasana	Ardha Baddha Padma Paschimottanasana	Tiriangmukhaikapada Paschimottanasana	Janu Sirsasana A	Janu Sirsasana B	Janu Sirsasana C
		V I N Y A S A S	V I N Y A S A S	V I N Y A S A S	V I N Y A S A S	V I N Y A S A S	V I N Y A S A S
			right side - vinyasas - left side	right side - vinyasas - left side	right side - vinyasas - left side	right side - vinyasas - left side	right side - vinyasas - left side
Marichyasana A	Marichyasana B	Marichyasana C	Marichyasana D	Navasana >>> lift	Bhuja Pidasana	Kurmasana	Supta Kurmasana >>> lift
V I N Y A S A S	V I N Y A S A S	V I N Y A S A S	V I N Y A S A S	V I N Y A S A S	V I N Y A S A S	V I N Y A S A S	V I N Y A S A S
right side - vinyasas - left side	right side - vinyasas - left side	right side - vinyasas - left side	right side - vinyasas - left side	repeat 5 x			
Garbha Pidasana >>> Rolling	Kukkutasana	Baddha Konasana	Upavishtha Konasana	Supta Konasana			
	V I N Y A S A S	V I N Y A S A S	V I N Y A S A S	V I N Y A S A S			
							exhale
Supta Padangusthasana	Ubhaya Padangusthasana	Urdhva Mukha Paschimottanasana	Setu Bandhasana				
	C H A K R A S A N A	V I N Y A S A S	V I N Y A S A S	V I N Y A S A S	C H A K R A S A N A		
right & left side	exhale	exhale					