



|| The Dynamic Yoga ||

PRANA VASHYA PRIMARY SERIES

Sun Salutation

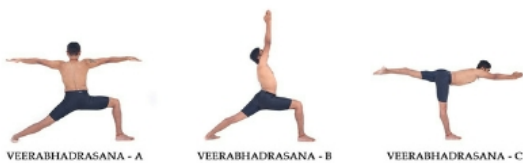


Sequence 01



Sequence 02

(Step forward with the right leg from vinyasa and then the left)



Sequence 03

(Step forward with the right leg from vinyasa)



Sequence 05

(New right leg vinyasa)



Sequence 04

(Step forward with the left leg from vinyasa)



** Complete the sequence with the left leg stepping forward from vinyasa*



॥ The Dynamic Yoga ॥

Sequence 06



SHALABHASANA



DHANURASANA



BEKASANA

*Enter the sitting
sequence from vinyasa with the right leg*

Sequence 07 (Single posture vinyasa)



JANUSHIRSHASANA



TRINGA MUKHA
PASCHIMOTTANASANA



EKAPADA USHTRASANA

Sequence 08 (Double posture vinyasa)



ARDHABADDHA PADMA
PASCHIMOTTANASANA



PASCHIMOTTANASANA



KROUNCHASANA



URDHVA MUKHA
PASCHIMOTTANASANA

Sequence 09 (Single posture vinyasa)



EKAPADA USHTRASANA

Sequence 10 (triple posture vinyasa)



MARICHYASANA - A



MARICHYASANA - B



MARICHYASANA - C

Sequence 11



ARDHA MATSYENDRASANA

(Right leg vinyasa)



UPAVISHTAKONASANA

(Left leg vinyasa)



BADDHAKONASANA

*(Continue with
right leg Vinyasa)*

Sequence 12



EKAPADA
PAVANAMUKTHASANA



PAVANAMUKTHASANA



NAVASANA



ARDHA NAVASANA

Sequence 13



SARVANGASANA



HALASANA



KARNAPEEDASANA



SUPTHA KONASANA



EKAPADA HALASANA



SETHUBANDHASANA



EKAPADA
SETHUBANDHASANA



PADMA SARVANGASANA



PINDASANA

Sequence 14



PADMASANA



BADDHA PADMASANA



YOGAMUDRASANA



UTTHITTA PADMASANA

Sequence 15



MATSYASANA



URDHVA DHANURASANA



SHIRSHASANA



BALASANA



SHAVASANA