

ASHTANGA YOGA PRIMARY SERIES

Surya Namaskara A x 5

Opening Invocation

OM
Vande Gurunam Charanaravinde
Sandarsita Svātma Sukava Bodhe
Nih Sreyase Jangalkayamane
Samsara Halahala Mohasanyai
Abahu Purusakaram
Sankhacakrasi Dharinam
Sahasra Sirasam Svātam
Pranamami Pantanjali
OM



Surya Namaskara B x 5

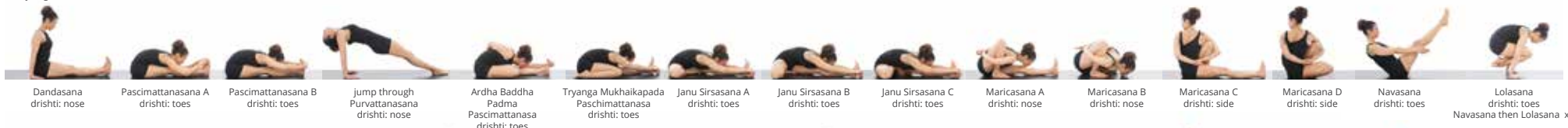
Standing Sequence

Always right side first



Seated Sequence

Always right side first



Finishing Sequence



Closing Chant (Mangala Mantra)

Svasti Prajabhyah Paripalayantam
Nyayena Margena Mahim Mahisah
Go Brahmanebhyah Subhamastu Nityam
Lokah Samastah Sukhino Bhavantu
Om Santih Santih Santih



Take rest (10 mins)