

MAIN ASANAS OF PRIMARY SERIES

Sūryanamaskāra A
Sūryanamaskāra B
pādāṅguṣṭāsana *big toe pose*
pāda hastāsana *hand to foot pose*
utthita trikoṅāsana A,B *extended triangle pose A,B*
utthita pārśvakonāsana A,B *extended side angle pose A, B*
prasārita pādottānāsana A,B,C,D *spread foot stretching pose A,B,C,D*
pārśvottānāsana *sideways stretching pose*
utthita hasta pādāṅguṣṭāsana A,B,C *extended hand to big toe pose A,B,C*
ardha baddha padmottānāsana *half bound lotus forward pose*
utkatāsana *uneven pose*
vīrabhadrāsana A,B *warrior pose A,B*
paścimattānāsana A,B,C,D *west stretching pose A,B,C,D*
pūrvattānāsana *east stretching pose*
ardha baddha padma paścimattānāsana *half bound lotus west stretching pose*
tiryaṅgmukha ekapāda paścimattānāsana *one foot folded back west stretching pose*
jānuśīrṣāsana A,B,C *head to knee pose A,B,C*
marīcāsana A,B,C,D *sage morici pose A,B,C,D*
nāvāsana *boat pose*
bhujapīḍāsana *arm pressure pose*
kūrmāsana *tortoise pose*
supta kūrmāsana *sleeping tortoise pose*
garbha piṅḍāsana *embryo in the womb pose*
kukkuṭāsana *rooster pose*
upaviṣṭha koṅāsana A,B *seated angle pose A,B*
supta koṅāsana *lying down angle pose*
supta pādāṅguṣṭāsana A,B *lying down big toe pose A,B*
ubhaya pādāṅguṣṭāsana *reclined big toe pose*
ūrdhva mukha paścimattānāsana *upward facing west stretching pose*
setu bandhāsana *bridge configuration pose*
ūrdhva dhanurāsana *upward bow pose*
salaṁba sarvāṅgāsana *supported all limbs pose*
halāsana *plough pose*
karṇa pīḍāsana *ear pressure pose*
ūrdhva padmāsana *upward lotus pose*
piṅḍāsana *embryo pose*
matsyāsana *fish pose*
uttāna pādāsana *extended foot pose*
śīrṣāsana A,B *head standing pose A,B*
baddha padmāsana *bound lotus pose*
yoga mudrā *yoga gesture*
padmāsana *lotus pose*
utplutih *sprung up*

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