

## SURYANAMASKARA-A



## SURYANAMASKARA-B



# STANDING POSTURES

5 – 8 BREATHS PER POSE



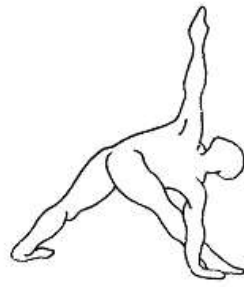
*Padangusthasana*  
👁 nose



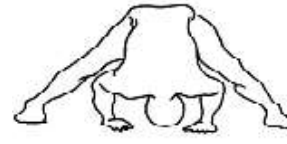
*Padahasthasana*  
👁 nose



*Utthita Trikonasana*  
👁 thumb



*Parivrita Trikonasana*  
👁 thumb



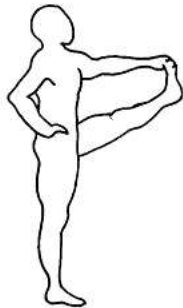
*Prasarita Padottanasana A*  
👁 nose



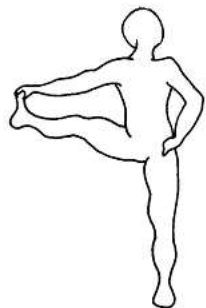
*Prasarita Padottanasana C*  
👁 nose



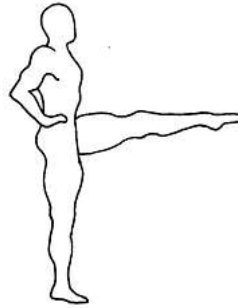
*Parsvottanasana*  
👁 toes



*Utthita Hasta Padangusthasana A*  
👁 toes



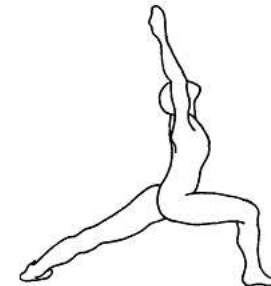
*Utthita Hasta Padangusthasana B*  
👁 far to side



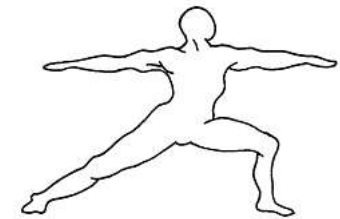
*Utthita Hasta Padangusthasana D*  
👁 toes



*Utkatasana*  
👁 thumb



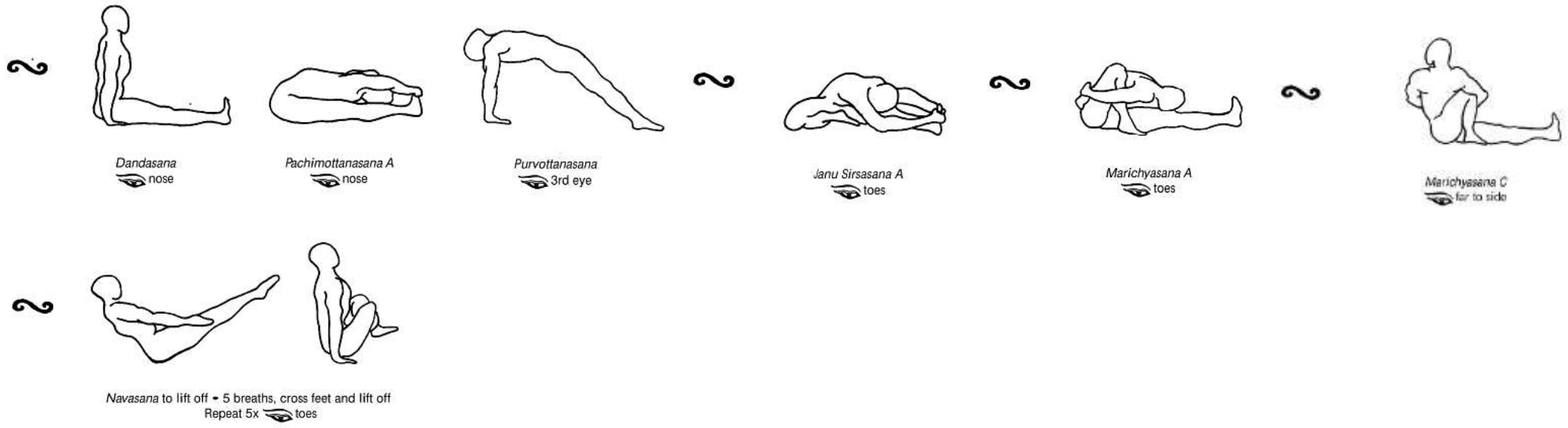
*Virabhadrasana A - R,L*  
👁 thumbs



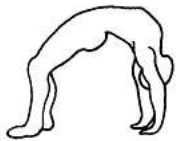
*Virabhadrasana B - L,R*  
👁 tip of middle finger

# THE PRIMARY SERIES

5 – 8 BREATHS PER POSE



# FINISHING POSTURES



*Urdhva Danurasana*  
5 breaths, repeat 3x  
👁️ 3rd eye



*Paschimottasana*  
👁️ nose, 15 breaths



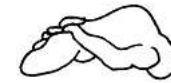
*Savangasana*  
👁️ toes, 25 breaths



*Halasana*  
👁️ nose, 10 breaths



*Karnapidasana*  
👁️ nose, 10 breaths



*Matsyasana*  
👁️ 3rd eye, 10 breaths



*Yoga Mudra*  
👁️ 3rd eye, 25 breaths



*Padmasana*  
👁️ nose, 25 breaths



*Savasana*  
take a rest 10-20 minutes