

Finishing Positions

For proper use:

- Vinyasas are numbered through from Samasthitih to Samasthitih, but only bold lines are practised.
- The breathing to the Vinyasa is showed as IN / EX. Every Vinyasa has one breath to lead and additional breaths printed in brackets.
- Above the Vinyasa count for a position the name of the Asana is given, with the number of Vinyasas from Samasthitih to Samasthitih, the number which represents the Asana, and the Dristi (= point of gaze).

Further explanations:
AshtangaYoga.info

SALAMBA SARVANGASANA

VINYASA: 13

ASANA: 8

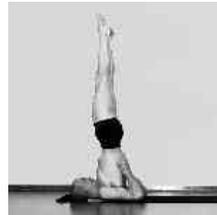
DRISTI: NASAGRAI

- 1 IN hands up
- 2 EX Uttanasana
- 3 IN head up
- 4 EX Chaturanga Dandasana
- 5 IN Urdhva Mukha Svanasana
- 6 EX Adho Mukha Svanasana
- 7 **IN jump**
(EX) lie down
5BR lie flat



8 IN legs up

10BR SALAMBA SARVANGASANA



(EX) come down

9 IN Chakrasana

(EX) Chaturanga Dandasana

10 IN Urdhva Mukha Svanasana

11 EX Adho Mukha Svanasana

12 IN jump, head up

13 EX Uttanasana

- IN come up

(EX) Samasthitih

HALASANA

VINYASA: 13

ASANA: 8

DRISTI: NASAGRAI

- 1 IN hands up
- 2 EX Uttanasana
- 3 IN head up
- 4 EX Chaturanga Dandasana
- 5 IN Urdhva Mukha Svanasana
- 6 EX Adho Mukha Svanasana
- 7 IN jump
(EX) lie down
5BR lie flat
- 8 IN legs up
(EX) feet to the ground
8BR HALASANA



(IN) legs up

(EX) lie down

9 IN Chakrasana

(EX) Chaturanga Dandasana

10 IN Urdhva Mukha Svanasana

11 EX Adho Mukha Svanasana

12 IN jump, head up

13 EX Uttanasana

- IN come up

(EX) Samasthitih

KARNAPIDASANA

VINYASA: 13

ASANA: 8

DRISTI: NASAGRAI

- 1 IN hands up
- 2 EX Uttanasana
- 3 IN head up
- 4 EX Chaturanga Dandasana
- 5 IN Urdhva Mukha Svanasana
- 6 EX Adho Mukha Svanasana
- 7 IN jump through
(EX) lie down
5BR lie flat
- 8 **IN legs up**
(EX) feet to the ground
8BR KARNAPIDASANA



(IN) legs up

(EX) lie down

9 IN Chakrasana

(EX) Chaturanga Dandasana

10 IN Urdhva Mukha Svanasana

11 EX Adho Mukha Svanasana

12 IN jump, head up

13 EX Uttanasana

- IN come up

(EX) Samasthitih

URDHVA PADMASANA

VINYASA: 14

ASANA: 9

DRISTI: NASAGRAI

- 1 IN hands up
- 2 EX Uttanasana
- 3 IN head up
- 4 EX Chaturanga Dandasana
- 5 IN Urdhva Mukha Svanasana
- 6 EX Adho Mukha Svanasana
- 7 IN jump through
(EX) lie down
5BR lie flat
- 8 **IN Salamba Sarvangasana**
(EX) fold legs in lotus
- 9 **IN hands to knee**
8BR URDHVA PADMASANA



(IN) unfold

(EX) lie down

10 IN Chakrasana

(EX) Chaturanga Dandasana

11 IN Urdhva Mukha Svanasana

12 EX Adho Mukha Svanasana

13 IN jump, head up

14 EX Uttanasana

- IN come up

(EX) Samasthitih

PINDASANA

VINYASA: 14

ASANA: 9

DRISTI: NASAGRAI

1 IN hands up

2 EX Uttanasana

3 IN head up

4 EX Chaturanga Dandasana

5 IN Urdhva Mukha Svanasana

6 EX Adho Mukha Svanasana

7 IN jump through

(EX) lie down

5BR lie flat

8 IN Salamba Sarvangasana

(EX) fold legs in lotus

9 (IN) hands to knee

EX knees down, grap around knees

8BR PINDASANA



(IN) unfold

(EX) lie down

10 IN Chakrasana

(EX) Chaturanga Dandasana

11 IN Urdhva Mukha Svanasana

12 EX Adho Mukha Svanasana

13 IN jump, head up

14 EX Uttanasana

- IN come up

(EX) Samasthitih

MATSYASANA

VINYASA: 13

ASANA: 8

DRISTI: BROOMADHYA

1 IN hands up

2 EX Uttanasana

3 IN head up

4 EX Chaturanga Dandasana

5 IN Urdhva Mukha Svanasana

6 EX Adho Mukha Svanasana

7 IN jump through

(EX) lie down

8 (IN) legs up

(EX) fold legs in lotus

IN open chest

8BR MATSYASANA



(EX) unfold

9 IN Chakrasana

(EX) Chaturanga Dandasana

10 IN Urdhva Mukha Svanasana

11 EX Adho Mukha Svanasana

12 IN jump, head up

13 EX Uttanasana

- IN come up

(EX) Samasthitih

UTTANA PADASANA

VINYASA: 13

ASANA: 8

DRISTI: NASAGRAI

1 IN hands up

2 EX Uttanasana

3 IN head up

4 EX Chaturanga Dandasana

5 IN Urdhva Mukha Svanasana

6 EX Adho Mukha Svanasana

7 IN jump through

(EX) lie down

8 IN open chest

8BR UTTANA PADASANA



(EX) down

9 IN Chakrasana

(EX) Chaturanga Dandasana

10 IN Urdhva Mukha Svanasana

11 EX Adho Mukha Svanasana

12 IN jump, head up

13 EX Uttanasana

- IN come up

(EX) Samasthitih

SIRSASANA

VINYASA: 13

ASANA: 8

DRISTI: NASAGRAI, NABI CHACKRA

1 IN hands up

2 EX Uttanasana

3 IN head up

4 EX Chaturanga Dandasana

5 IN Urdhva Mukha Svanasana

6 EX Adho Mukha Svanasana

7 IN up

(EX) kneel down

8 IN lift legs (and head up)

10BR SIRSASANA



EX Urdhva Dandasana



10BR

IN legs up | repeat

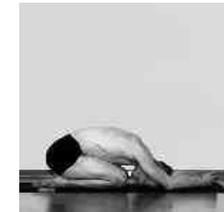
EX legs down | 10 times



IN legs up

9 (EX) legs down

5BR Balasana



(IN) up

EX Chaturanga Dandasana

10 IN Urdhva Mukha Svanasana

11 EX Adho Mukha Svanasana

12 IN jump, head up

13 EX Uttanasana

- IN come up

(EX) Samasthitih

BADDHA PADMASANA / YOGA MUDRA

VINYASA: 16

ASANA: 8,9

DRISTI: NASAGRAI / BROOMADHYA

- 1 IN hands up
- 2 EX Uttanasana
- 3 IN head up
- 4 EX Chaturanga Dandasana
- 5 IN Urdhva Mukha Svanasana
- 6 EX Adho Mukha Svanasana

7 IN up

(EX) sit down

(IN) Dandasana

8 EX Padmasana

IN bind arms

8BR BADDHA PADMASANA



9 EX chin to the ground

8BR YOGA MUDRA



10 IN Baddha Padmasana

(EX) hands to the floor

11 IN up

9 EX Chaturanga Dandasana

10 IN Urdhva Mukha Svanasana

11 EX Adho Mukha Svanasana

12 IN jump, head up

13 EX Uttanasana

- IN come up

(EX) Samasthitih

PADMASANA

VINYASA: 14

ASANA: 8

DRISTI: NASAGRAI

- 1 IN hands up
- 2 EX Uttanasana
- 3 IN head up
- 4 EX Chaturanga Dandasana
- 5 IN Urdhva Mukha Svanasana
- 6 EX Adho Mukha Svanasana
- 7 IN up

(EX) sit down

(IN) Dandasana

8 EX fold legs in lotus

(IN) open chest

10BR PADMASANA



(EX) hands to ground

9 IN up

10 EX Chaturanga Dandasana

11 IN Urdhva Mukha Svanasana

12 EX Adho Mukha Svanasana

13 IN jump, head up

14 EX Uttanasana

- IN come up

(EX) Samasthitih

UTPLUTHIH

VINYASA: 14

ASANA: 9

DRISTI: NASAGRAI

- 1 IN hands up
- 2 EX Uttanasana
- 3 IN head up
- 4 EX Chaturanga Dandasana
- 5 IN Urdhva Mukha Svanasana
- 6 EX Adho Mukha Svanasana
- 7 IN up
- (EX) sit down
- (IN) Dandasana
- 8 EX fold legs in lotus
- (IN) Padmasana
- (EX) hands to ground

9 IN up

10BR UTPLUTHIH



10 EX Chaturanga Dandasana

11 IN Urdhva Mukha Svanasana

12 EX Adho Mukha Svanasana

13 IN jump, head up

14 EX Uttanasana

15 IN hands up

- EX Samasthitih

Mangala Mantra

Om

Svasti praja bhyaha pari pala yantam

Nya yena margena mahi mahishaha

Go brahmanebhyaha shubamastu

nityam

Lokah samastah sukhino bhavantu

Om

shanti shanti shanti

SAVASANA

1 IN hands up

2 EX Uttanasana

3 IN head up

4 EX Chaturanga Dandasana

5 IN Urdhva Mukha Svanasana

6 EX Adho Mukha Svanasana

7 IN jump

(EX) lie down

SAVASANA



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