

# Fundamental Asana

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

## PADANGUSTHASANA

VINYASA: 3

ASANA: 2

DRISTI: NASAGRAI

1 (IN) jump the legs half a foot apart

(EX) take big toes

IN head up

2 EX head down

5BR PADANGUSTHASANA



3 IN head up

(EX) hold position

- (IN) come up

EX Samasthitih

## PADA HASTASANA

VINYASA: 3

ASANA: 2

DRISTI: NASAGRAI

1 (IN) jump the legs half a foot apart

(EX) hands beneath foot

IN head up

2 EX head down

5BR PADA HASTASANA



3 IN Head up

(EX) Hold position

- (IN) come up

EX Samasthitih

## UTTHITA TRIKONASANA

VINYASA: 5

ASANA: 2,4

DRISTI: HASTAGRAI

1 IN right leg back

2 EX grab right big toe

(IN) look up

5BR UTTHITA TRIKONASANA



(EX) look down

3 IN come up, turn

4 EX grab left big toe

(IN) look up

5BR UTTHITA TRIKONASANA

(EX) look down

5 IN come up

- EX Samasthitih

## PARAVRITTA TRIKONASANA

VINYASA: 5

ASANA: 2,4

DRISTI: HASTAGRAI

1 IN right leg back

2 EX left hand beside right foot

(IN) look up

5BR PARAVRITTA TRIKONASANA



(EX) look down

3 IN come up, turn

4 EX right hand beside left foot

(IN) look up

5BR PARAVRITTA TRIKONASANA

(EX) look down

5 IN come up

- EX Samasthitih

## UTTHITA PARSVAKONASANA

VINYASA: 5

ASANA: 2,4

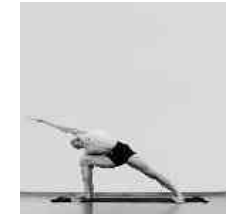
DRISTI: HASTAGRAI

1 IN right leg back

2 EX right hand to the ground

(IN) look up

5BR UTTHITA PARSVAKONASANA



(EX) look down

3 IN come up, turn

4 EX left hand to the ground

(IN) look up

5BR UTTHITA PARSVAKONASANA

(EX) look down

5 IN come up

- EX Samasthitih

## PARAVRITTA PARSVAKONASANA

VINYASA: 5

ASANA: 2,4

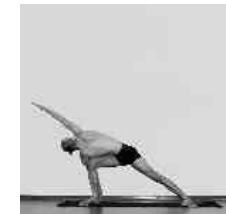
DRISTI: HASTAGRAI

1 IN right leg back

2 EX left arm over right knee, hand to the ground

(IN) look up

5BR PARAVRITTA PARSVAKONASANA



(EX) look down

3 IN come up, turn

4 EX right arm over left knee, hand to the ground

(IN) look up

5BR PARAVRITTA PARSVAKONASANA

(EX) look down

5 IN come up

- EX Samasthitih

**PRASARITA PADOTTANASANA A**

VINYASA: 5

ASANA: 3

DRISTI: NASAGRAI

1 **IN** jump right leg back, hands to the waist

2 **EX** hands to the ground

(IN) look up

3 **EX** head to the ground

5BR PRASARITA PADOTTANASANA A



4 **IN** head up

(EX) hold position

5 **IN** hands to the waist, come up

- **EX** Samasthitih (hold position)

**PRASARITA PADOTTANASANA B**

VINYASA: 5

ASANA: 3

DRISTI: NASAGRAI

1 **IN** right leg back, spread arms

2 **EX** hands to the waist

(IN) look up

3 **EX** head to the ground

5BR PRASARITA PADOTTANASANA B



4 **IN** come up

(EX) hold position

5 **IN** spread arms

- **EX** Samasthitih

**PRASARITA PADOTTANASANA C**

VINYASA: 5

ASANA: 3

DRISTI: NASAGRAI

1 **IN** right leg back, spread arms

2 **EX** hands behind back

(IN) look up

3 **EX** head to the ground

5BR PRASARITA PADOTTANASANA C



4 **IN** come up

(EX) hold position

5 **IN** spread arms

- **EX** Samasthitih

**PRASARITA PADOTTANASANA D**

VINYASA: 5

ASANA: 3

DRISTI: NASAGRAI

1 **IN** right leg back, hands to the waist

2 **EX** grab big toes

(IN) look up

3 **EX** head to the ground

5BR PRASARITA PADOTTANASANA D



4 **IN** head up

(EX) hold position

5 **IN** hands to the waist, come up

- **EX** Samasthitih

**PARSVOTTANASANA**

VINYASA: 5

ASANA: 2,4

DRISTI: NASAGRAI

1 **IN** jump right leg back, hands behind back

2 **EX** bend over right leg

5BR PARSVOTTANASANA



3 **IN** come up, turn

4 **EX** bend over left leg

5BR PARSVOTTANASANA

5 **IN** come up

- **EX** Samasthitih

Update: 08.12.2004 - Copyright by  
AshtangaYoga.info