Ashtanga Yoga

SANSKRIT TERM	ENGLISH TRANSLATION
1. Yama	Avoidances
• Ahimsa	• Non-harming
• Satya	• Truthfulness
• Asteya	• Non-stealing
• Brahmacharya	• Abstinence
• Asparigraha	• Non-greed
2. Niyama	Observances
• Saucha	• Purity
• Santosha	• Contentment
• Tapas	• Austerity, discipline
• Svadhyaya	• Spiritual study
• Ishwarapranidhana	• Surrender
3. Asana	Physical postures
4. Pranayama	Breath regulation and control
5. Pratyahara	Sense withdrawal/ inward focus
6. Dharana	Concentration
7. Dhyana	Meditation
8. Samadhi	Bliss

"The first four limbs of Ashtanga Yoga are quite challenging. Like roots, they make one's practice grounded and real. They allow you to function well in the real world. You can wash the dishes, take out the garbage and relate to yourself and others honestly and happily. The last four limbs (the inner limbs) sprout spontaneously from the first four. They are easy and natural, when the first four are nurtured well. The inner meditative limbs return the favor, and make the outer limbs much more deep and true."

- Richard Freeman, Yoga teacher and scholar

Invocation to Patanjali

Vande guruunam charanaaravinde
Sandarshita svaatmasukhaava bodhe
Nishreyase jaangalikaayamaane
Samsaara halahaala mohasaantaye.

Aabaahu purushaakaaram
Shankachrakraasi dhaarinam
Sahasra shirasam shvetam
Pranamaami Patanjalim
OM

Translation:

I bow to the guru (spiritual guide) who awakens insight into the happiness of pure being, who is the final refuge, and who eliminates the delusion caused by conditioned existence. I bow to the sage Patanjali, who represents radiant light, divine sound, infinite time, and (mental) discrimination.

⇨ At Left: Full Ashtanga Primary Series

⇧ Below: David Swensen's Short Form
(Approx 30 minutes)

1. Surya Namaskara A – 3 times
2. Surya Namaskara B – 2 times
3. Padangusthasana – standing forward bend, toe hold
4. Utthita Trikonasana – Triangle
5. Utthita Parsvakonasana – Side Angle
6. Utthita Hasta Padangusthasana A – Standing toe hold, leg forward
7. Virabhdarsana A – Warrior pose A
8. Virabhdarsana B – Warrior pose B
9. Dandasana – Staff pose
10. Paschimottanasana A –seated forward bend
11. Janu Sirsasana A – Head to Knee pose
12. Marichyasana A – Marichi A
13. Marichyasana C – Marichi C
14. Navasana – Boat pose (two times)
15. Urdhva Dhanurasana – Upward Bow
16. Paschimottasana OR Pavanamuktasana (Wind-relieving pose)
17. Sarvangasana –Shoulder stand
18. Matsyasana - Fish
19. Padmasana- Lotus
20. Tolasana- Scale
21. Savasana

Ashtanga Yoga

Sanskrit name	English name
Sun Salutations	
Surya Namaskara A (5 times)	Sun Salutation version A
Surya Namaskara B (5 times)	Sun Salutation version B
Standing series	
Padangustasana	Big toe posture
Hastapadasana	Hand under the foot posture
Utthita Trikonasana	Extended triangle posture
Parivritta Trikonasana	Revolved triangle posture
Utthita Parsvakonasana	Extended side angle posture
Parivritta Parsvakonasana	Revolved side angle posture
Prasarita Padottanasana:	Extended spread out legs posture
A: Hands on floor	
B: Hands on hips	
C: Hands clasped	
D: Holding big toes	
Parsvottanasana	Extended sideways posture
Utthita Hasta Padangusthasana	Extended hand on the big toe posture
A: Leg extended in front	
B: Leg out to side, look other	
C: Leg floats with toe pointed	
Ardha Baddha Padmottanasana	Half bound lotus standing forward bend
Utkatasana (enter through Surya Powerful posture	
Namaskara A)	
Virabhdarasana 1 (continue	Warrior 1 posture
Surya Namaskara A)	
Virabhdarasana 2 (complete	Warrior 2 posture
Surya Namaskara A)	
Primary Series	
NOTE: Vinyasa between each asana is 1) hop back to caturanga dandasana, 2) inhale up to urdhva mukha svanasana (upward dog),3) exhale back to adho mukha	
Dandasana	Staff posture
Paschimottanasana	Full forward bend
A: Hold big toes	
B: Hold sides of feet	
C: Hold wrist beyond feet	
Purvottanasana	Inclined plane
Ardha Baddha	Half bound lotus forward
Triang Mukhaikapada	Three limbs facing one leg
Paschimottanasana	forward bend
Janu Sirsasana	Head to knee posture
A: Foot to inner thigh	
B: Heel under perineum	
C: Ball of foot down, heel up	
Marichyasana	Posture dedicated to the Sage Marichy
A: Leg extended	
B: Leg bent	
C: Leg extended, twist other way	

Sanskrit name	English name
Navasana (5 times)	Boat posture
Note: Vinyasa between repetitions is to cross ankles, place	
Bhujapidasana	Arm squeezing posture
A: Upright	
B: Forehead towards floor	
Kurmasana	Tortoise posture
Garbha Pindasana	Embryo in the womb posture
Kukkutasana	Cock posture
Baddha Konasana	Bound angle posture
Upavista Konasana	Seated angle posture
Upavistha Konasana	Upraised angle posture
Supta Konasana	Reclined angle posture
Supta Padangusthasana	Reclined hand to foot posture
Roll up to Utthita Konasana	
Lower down to Upavista	
A: Pull leg overhead	
B: Leg out to side	
Utthaya Padangusthasana	Upraised big toe posture
Note: Rock up from halasana (plow)	
Urdva Mukha	Upward facing forward bend
Note: Rock up from halasana (plow)	
Setu bandhasana	Bridge posture
Note: Vinyasa is through chakrasana (wheel posture)	
Urdhva Danurasana (3 times)	Upward bow posture
Adho Mukha Vrksasana	Full arm balance (Handstand)

Sanskrit name	English name
Finishing Postures	
Paschimottanasana	Full forward bend
Salamba Sarvangasana	Supported Shoulderstand
Halasana	Plow posture
Karnapidasana	Ear squeezing posture
Urdhva Padmasana	Upraised lotus posture
Pindasana	Embryo posture
Matsyasana in padmasana	Fish posture with legs folded in lotus
Uttana Padasana	Extended foot posture
Sirsasana	Headstand
Urdhva Dandasana	Upraised staff posture
Damnasana	Child's pose
Yoga Mudra	Yogic seal
Baddha Padmasana	Bound lotus posture
Padmasana	Lotus posture
Tolasana (108 breaths)	Scale posture
Savasana (at least 5 minutes)	Corpse posture