

Ashtanga yoga primary series – Joey Miles

ashtangayogaleds.com

Ashtanga surya namaskara A

1

Ashtanga opening chant
om vande gurunam charanaravinde
sandarsita svatmasukhavabodhe
nishreyasa jangalkayamane
samsara halahala mohashantyal

abahu purushakaram
shanka chakrasi dharinam
sahasra sirasam svetam
pranamami patanjalin om

Ashtanga closing chant
om svasthi praja bhayah
pari pala yantam
nyayena margena
mahim mahishaha

go brahmanebhyaha
shubhamastu niyam
loka samasta sukhino bhavantu
om shanti shanti shanti

Posture:
Breathing:
Drift/gazing point:

Samasthiti
nose

Urdhva Hastasana
inhale
thumbs

Uttanasana A
exhale
nose

Uttanasana B
inhale
3rd eye

Chaturanga
Dandasana
exhale
nose

Urdhva Mukha
Svanasana
inhale
nose

Adho Mukha
Svanasana
exhale + 5 breaths
navel

Uttanasana B
inhale
3rd eye

Uttanasana A
exhale
nose

Urdhva Hastasana
inhale
thumbs

Samasthiti
exhale
nose

Ashtanga surya namaskara B

2



Samasthiti
nose

Utkatasana
inhale
thumbs

Uttanasana A
exhale
nose

Uttanasana B
inhale
3rd eye

Chaturanga
Dandasana
exhale
nose

Urdhva Mukha
Svanasana
inhale
nose

Adho Mukha
Svanasana
exhale
navel

Virabhadrasana A
inhale
thumbs

Chaturanga
Dandasana
exhale
nose

Urdhva Mukha
Svanasana
inhale
nose

Adho Mukha
Svanasana
exhale
navel

Virabhadrasana A
inhale
thumbs

Chaturanga
Dandasana
exhale
nose

Urdhva Mukha
Svanasana
inhale
nose

Adho Mukha
Svanasana
exhale + 5 breaths
navel

Uttanasana B
inhale
3rd eye

Uttanasana A
exhale
nose

Utkatasana
inhale
thumbs

Samasthiti
exhale
nose

Ashtanga standing sequence

3



Padangusthasana
5 breaths
nose

Pada Hastasana
5 breaths
nose

Uthitha
Trikonasana
5 breaths
hand

Parivrtta
Trikonasana
5 breaths
hand

Uthitha
Parsvakonasana
5 breaths
hand

Parivrtta
Parsvakonasana
5 breaths
hand

Prasarita
Padottanasana A
5 breaths
nose

Prasarita
Padottanasana B
5 breaths
nose

Prasarita
Padottanasana C
5 breaths
nose

Prasarita
Padottanasana D
5 breaths
nose

Parsvottanasana
5 breaths
nose

Uthitha Hasta
Padangusthasana
1 breath
toes

Uthitha Hasta
Padangusthasana A
5 breaths
toes

Uthitha Hasta
Padangusthasana B
5 breaths
side

Uthitha Hasta
Padangusthasana C
5 breaths
toes

Ardha Baddha
Padmottanasana
5 breaths
nose

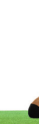
Utkatasana
5 breaths
thumbs

Virabhadrasana A
5 breaths
upwards

Virabhadrasana B
5 breaths
hand

Ashtanga seated sequence

4



Paschimattanasana A
5 breaths
toes

Paschimattanasana B
5 breaths
toes

Paschimattanasana C
5 breaths
toes

Paschimattanasana D
5 breaths
toes

Purvottanasana
5 breaths
nose

Ardha Baddha Padma
Paschimattanasana
5 breaths
toes

Urdhva Mukha Eka Pada
Paschimattanasana
5 breaths
toes

Janu Sirasana A
5 breaths
toes

Janu Sirasana B
5 breaths
toes

Janu Sirasana C
5 breaths
toes

Marichyasana A
5 breaths
toes

Marichyasana B
5 breaths
nose

Marichyasana C
5 breaths
side

Marichyasana D
5 breaths
side

Navasana x 5
5 breaths
nose/toes

Jump around
inhale
nose

Bhujapidasana
5 breaths
nose

Kurusana
5 breaths
3rd eye

Setu Bandhasana
5 breaths
nose

Ashtanga seated sequence

5



Supta Kurmasana
5 breaths
3rd eye

Garbha Pindasana
5 breaths then roll
nose

Kukkutasana
5 breaths
nose

Baddha Konasana
inhale
nose

Urdhva Konasana
5 breaths
nose

Urdhva Konasana A
5 breaths
3rd eye

Urdhva Konasana B
5 breaths
upwards

Supta Konasana
5 breaths
navel

Supta Padangusthasana
inhale
upwards

Supta Padangusthasana A
exhale
3rd eye

Supta Padangusthasana B
5 breaths
toes

Supta Padangusthasana C
5 breaths
side

Supta Padangusthasana D
5 breaths
side

Urdhva Konasana
exhale
nose

Urdhva Konasana A
5 breaths
upward

Urdhva Konasana B
5 breaths
toes

Urdhva Konasana C
5 breaths
toes

Urdhva Konasana D
5 breaths
toes

Setu Bandhasana
5 breaths
nose

Ashtanga finishing sequence

6



Urdhva
Dhanurasana x 3
5 breaths
nose

Paschimattanasana
10 breaths
toes

Salamba
Sarvangasana
25 breaths
nose

Halasana
8 breaths
nose

Karnapidasana
8 breaths
nose

Urdhva
Padmasana
8 breaths
nose

Pindasana
8 breaths
nose

Mathsyasana
8 breaths
nose/3rd eye

Uttana
Padmasana
8 breaths
nose

Sirsasana
25 breaths
nose

Sirsasana
10 breaths
nose

Sirsasana
10 breaths
nose

Balasana
10 breaths
nose

Yoga Mudra
10 breaths
3rd eye

Padmasana
25 breaths
nose

Uplutih
10 breaths
nose

Take rest
eyes closed

Take rest
eyes closed

Take rest
eyes closed