

# SUN SALUTATIONS!

## SALUTATION A (Repeat 5 times)

INHALE	Arms up
EXHALE	Forward bend
INHALE	Half way up
EXHALE	Jump to chaturanga
INHALE	Up Dog
EXHALE	Down Dog
	<b>HOLD FOR 5 BREATHS</b>
INHALE	Jump to half way up
EXHALE	Forward bend
INHALE	Arms up
EXHALE	Samasthiti

## SALUTATION B (Repeat 5 times)

INHALE	Chair pose
EXHALE	Forward bend
INHALE	Half way up
EXHALE	Jump to chaturanga
INHALE	Up dog
EXHALE	Down dog
INHALE	Warrior I right side
EXHALE	Chaturanga
INHALE	Up Dog
EXHALE	Down dog
INHALE	Warrior I left side
EXHALE	Chaturanga
INHALE	Up dog
EXHALE	Down Dog
	<b>HOLD FOR 5 BREATHS</b>
INHALE	Jump to half way up
EXHALE	Forward bend
INHALE	Chair
EXHALE	Samasthiti

# The Ashtanga Primary Series Annotated Guide

This is an outline of every breath you are supposed to take in the primary series, as we teach it at the Yoga Shack. This is not intended as a substitute for instruction. Students should learn the primary series in Mysore practice sessions. Instructors give students poses, as they are ready for them. This outline is intended to be a reference for students to check their breathing.

# STANDING POSES!

## FORWARD BENDS

INHALE	Jump feet apart
EXHALE	Hands to hips
INHALE	Look up
EXHALE	Grab big toes
INHALE	Half way up
EXHALE	Forward bend <b>PADANGUSTHASANA</b>
	<b>HOLD FOR 5 BREATHS</b>
INHALE	Half way up
EXHALE	Put hands under feet
INHALE	Half way up
EXHALE	Forward bend <b>PADAHASTASANA</b>
	<b>HOLD FOR 5 BREATHS</b>

INHALE Half way up  
 EXHALE Hands to hips  
 INHALE All the way, arch back  
 EXHALE Samasthiti

### TRIANGLES

INHALE Jump to right  
 EXHALE Grab right big toe **UTTHITA TRIKONASANA (Triangle)**  
 HOLD FOR 5 BREATHS

INHALE Come up  
 EXHALE Grab left big toe **UTTHITA TRIKONASANA (Triangle)**  
 HOLD FOR 5 BREATHS

INHALE Come up  
 EXHALE Rotate to right, left hand down on outside of foot  
**PARAVRITTA TRIKONASANA (Revolved Triangle)**  
 HOLD FOR 5 BREATHS

INHALE Come up  
 EXHALE Rotate to left, right hand down on outside of foot  
**PARAVRITTA TRIKONASANA (Revolved Triangle)**  
 HOLD FOR 5 BREATHS

INHALE Come up  
 EXHALE Samasthiti

### SIDE ANGLES

INHALE Jump to the right  
 EXHALE Right knee bends, right hand down on outside of foot  
**UTTHITA PARSVAKONASANA (Side Angle)**  
 HOLD FOR 5 BREATHS

INHALE Come up  
 EXHALE left knee bends, left hand down on outside of foot  
**UTTHITA PARSVAKONASANA (Side Angle)**  
 HOLD FOR 5 BREATHS

INHALE Come up  
 EXHALE Rotate to right, right knee bent, left hand to floor on outside of foot  
**PARAVRITTA PARSVAKONASANA (Revolved Side Angle)**  
 HOLD FOR 5 BREATHS

INHALE Come up  
 EXHALE Rotate to left, left knee bent, right hand to floor on outside of foot  
**PARAVRITTA PARSVAKONASANA (Revolved Side Angle)**  
 HOLD FOR 5 BREATHS

INHALE Come Up  
 EXHALE Samasthiti

**BEGINNER  
 NOTE:**  
 You can  
 substitute  
**PRAYER  
 TWIST** for the  
 ridiculously  
 hard Revolved  
 Side Angle

### WIDE LEG FORWARD BENDS

INHALE Jump to the right  
 EXHALE Hands to hips

INHALE Look up  
 EXHALE Hands to floor

INHALE Half way up  
 EXHALE Forward Bend **PRASARITA PADOTTANASANA A**  
 HOLD FOR 5 BREATHS

INHALE Half way up  
 EXHALE Hands to waist

INHALE Come up, arch back  
 EXHALE Head to center

INHALE Arms Up  
 EXHALE Hands to waist  
 INHALE Look up  
 EXHALE Forward bend **PRASARITA PADOTTANASANA B**  
 HOLD FOR 5 BREATHS  
 INHALE Half way up  
 EXHALE Hold  
 INHALE Come up, arch back  
 EXHALE Head to center  
 INHALE Arms up  
 EXHALE Clasp hands behind back  
 INHALE Look up  
 EXHALE Forward Bend **PRASARITA PADOTTANASANA C**  
 HOLD FOR 5 BREATHS  
 INHALE Come up, arch back  
 EXHALE Hands to hips  
 INHALE Look up  
 EXHALE Grab big toes  
 INHALE Half way up  
 EXHALE Forward bend **PRASARITA PADOTTANASANA D**  
 HOLD FOR 5 BREATHS  
 INHALE Half way up  
 EXHALE Hands to hips  
 INHALE Come up  
 EXHALE Samasthiti

### PYRAMID

INHALE Jump to right  
 EXHALE Hands to prayer behind back, rotate  
 INHALE Look up  
 EXHALE Forward bend over right leg **PARSVOTTANASANA**  
 HOLD FOR 5 BREATHS  
 INHALE Come up, look up  
 EXHALE Turn  
 INHALE Look up  
 EXHALE Forward bend over left leg **PARSVOTTANASANA**  
 HOLD FOR 5 BREATHS  
 INHALE Come up, look up  
 EXHALE Samasthiti

### STANDING LEG STRETCH

INHALE Lift right foot and grab big toe  
**UTTHITA HASTA PADANGUSTHASANA A**  
 HOLD FOR 5 BREATHS  
 EXHALE Leg to the side **UTTHITA HASTA PADANGUSTHASANA B**  
 HOLD FOR 5 BREATHS  
 INHALE Leg to the front  
 EXHALE Head to leg  
 INHALE Head to center  
 EXHALE Hands to hips, hold leg up  
**UTTHITA HASTA PADANGUSTHASANA D**  
 HOLD FOR 5 BREATHS  
 INHALE Leg up  
 EXHALE Samasthiti  
 INHALE Lift left foot and grab big toe  
**UTTHITA HASTA PADANGUSTHASANA A**

### ADVANCED OPTION:

INHALE Grab big toe  
 EXHALE Head to leg  
 HOLD for 5 breaths

INHALE Head up  
 EXHALE Leg to side  
 HOLD for 5 breaths

INHALE Leg to center  
 EXHALE Grab foot with  
 both hands, lift to head  
 HOLD for 5 breaths  
**UTTHITA HASTA  
 PADANGUSTHASANA C**

EXHALE hands to hips  
 HOLD for 5 breaths

INHALE Lift up  
 EXHALE Release  
 REPEAT on Left side

HOLD FOR 5 BREATHS  
 EXHALE Leg to the side **UTTHITA HASTA PADANGUSTHASANA B**  
 HOLD FOR 5 BREATHS  
 INHALE Leg to the front  
 EXHALE Head to leg  
 INHALE Head to center  
 EXHALE Hands to hips, hold leg up  
**UTTHITA HASTA PADANGUSTHASANA D**  
 HOLD FOR 5 BREATHS  
 INHALE Leg up  
 EXHALE Samasthiti

### STANDING HALF LOTUS FORWARD BEND

INHALE Right foot half lotus  
 EXHALE Right arm around back , grab big toe  
 INHALE Left arm up  
 EXHALE Forward bend, left hand to floor  
**ARDHA BADDHA PADMOTTANASANA**  
 HOLD FOR 5 BREATHS  
 INHALE Half way up  
 EXHALE Hold  
 INHALE Come up, arm up  
 EXHALE Samasthiti  
 INHALE Left foot half lotus  
 EXHALE Left arm around back , grab big toe  
 INHALE Right arm up  
 EXHALE Forward bend, right hand to floor  
**ARDHA BADDHA PADMOTTANASANA**  
 HOLD FOR 5 BREATHS  
 INHALE Half way up  
 EXHALE Hold  
 INHALE Come up, arm up  
 EXHALE Samasthiti

### CHAIR

INHALE Arms up  
 EXHALE Forward bend  
 INHALE Half way up  
 EXHALE Jump to chaturanga  
 INHALE Up dog  
 EXHALE Down dog  
 INHALE Jump to chair **UTKATASANA**  
 HOLD FOR 5 BREATHS  
 EXHALE Hold  
 INHALE Half way up  
 EXHALE Jump to chaturanga  
 INHALE Up dog  
 EXHALE Down dog

### WARRIORS

INHALE Right foot steps, arms up Warrior I **VIRABHADRASANA A**  
 HOLD FOR 5 BREATHS  
 INHALE Straighten right leg  
 EXHALE Rotate, bend left leg **VIRABHADRASANA A**

EXHALE HOLD FOR 5 BREATHS  
Warrior II Left **VIRABHADRASANA B**  
HOLD FOR 5 BREATHS  
INHALE Straighten left leg  
EXHALE Warrior II Right **VIRABHADRASANA B**  
HOLD FOR 5 BREATHS  
EXHALE Chaturanga  
INHALE Up Dog  
EXHALE Down Dog  
INHALE Jump to sitting

## SEATED POSES!

### STAFF POSE

EXHALE Chin to chest, arms straight **DANDASANA**  
HOLD FOR 5 BREATHS

### FORWARD BENDS

INHALE Chin up  
EXHALE Grab big toes  
INHALE Straighten arms  
EXHALE Forward bend **PASCHIMATTANASANA A**  
HOLD FOR 5 BREATHS  
INHALE Straighten arms  
EXHALE Grab edges of feet  
INHALE Straighten arms  
EXHALE Forward bend **PASCHIMATTANASANA B**  
HOLD FOR 5 BREATHS  
INHALE Straighten arms  
EXHALE Release, bend legs, cross ankles

### ADVANCED OPTION

Advanced students can add **PASCHIMATTANASANA C** here:

EXHALE Interlace fingers around feet  
INHALE Straighten arms  
EXHALE Forward bend  
HOLD for 5 breaths  
INHALE Straighten arms



### VINYASA

INHALE Lift up  
EXHALE Chaturanga  
INHALE Up dog  
EXHALE Down dog  
INHALE Jump to sitting

### INCLINE PLANE

EXHALE Hands to floor behind back  
INHALE Lift hips **PURVATTANASANA**  
HOLD FOR 5 BREATHS  
EXHALE Release, bend legs, cross ankles

REPEAT VINYASA ★

### HALF LOTUS FORWARD BEND

EXHALE Right foot in bound lotus, left hand on left foot

INHALE Straighten arm  
 EXHALE Forward bend **ARDHA BADDHA PADMA PASHIMATTANASANA**  
 HOLD FOR 5 BREATHS  
 INHALE Straighten arm  
 EXHALE Release, bend legs, cross ankles

REPEAT VINAYASA

EXHALE Left foot in bound lotus, right hand on right foot  
 INHALE Straighten arm  
 EXHALE Forward bend **ARDHA BADDHA PADMA PASHIMATTANASANA**  
 HOLD FOR 5 BREATHS  
 INHALE Straighten arm  
 EXHALE Release, bend legs, cross ankles, hands to floor

### LEG FOLDED FORWARD BEND

INHALE Lift up  
 EXHALE Chaturanga  
 INHALE Up dog  
 EXHALE Down dog  
 INHALE Jump to sitting, right leg folded back  
 EXHALE Grab left foot  
 INHALE Straighten arms  
 EXHALE Forward bend **TRIANG MUKHA EKA PADA PASHIMATTANASANA**  
 HOLD FOR 5 BREATHS  
 INHALE Straighten arms  
 EXHALE Hands to floor  
 INHALE Lift up  
 EXHALE Chaturanga  
 INHALE Up dog  
 EXHALE Down dog  
 INHALE Jump to sitting, left leg folded back  
 EXHALE Grab right foot  
 INHALE Straighten arms  
 EXHALE Forward bend **TRIANG MUKHA EKA PADA PASHIMATTANASANA**  
 HOLD FOR 5 BREATHS  
 INHALE Straighten arms  
 EXHALE Hands to floor

REPEAT VINAYASA ★

### JANU FORWARD BENDS

EXHALE Right foot against left thigh, hold left foot  
 INHALE Straighten arms  
 EXHALE Forward bend **JANU SIRSASANA A**  
 HOLD FOR 5 BREATHS  
 INHALE Straighten arms  
 EXHALE Release, bend legs, cross ankles, hands to floor

REPEAT VINAYASA ★

EXHALE Left foot against right thigh, hold right foot  
 INHALE Straighten arms  
 EXHALE Forward bend **JANU SIRSASANA A**  
 HOLD FOR 5 BREATHS  
 INHALE Straighten arms

EXHALE Release, bend legs, cross ankles, hands to floor

REPEAT VINAYASA ★

EXHALE Right foot under butt, hold left foot

INHALE Straighten arms

EXHALE Forward bend **JANU SIRSASANA B**  
HOLD FOR 5 BREATHS

INHALE Straighten arms

EXHALE Release, bend legs, cross ankles, hands to floor

REPEAT VINAYASA ★

EXHALE Left foot under butt, hold right foot

INHALE Straighten arms

EXHALE Forward bend **JANU SIRSASANA B**  
HOLD FOR 5 BREATHS

INHALE Straighten arms

EXHALE Release, bend legs, cross ankles, hands to floor

REPEAT VINAYASA

EXHALE Right heel turned up , hold left foot

INHALE Straighten arms

EXHALE Forward bend **JANU SIRSASANA C**  
HOLD FOR 5 BREATHS

INHALE Straighten arms

EXHALE Release, bend legs, cross ankles, hands to floor

REPEAT VINAYASA

EXHALE Left heel turned up , hold right foot

INHALE Straighten arms

EXHALE Forward bend **JANU SIRSASANA C**  
HOLD FOR 5 BREATHS

INHALE Straighten arms

EXHALE Release, bend legs, cross ankles, hands to floor

## MARICHY FORWARD BENDS

INHALE Lift Up

EXHALE Chaturanga

INHALE Up dog

EXHALE Down dog

INHALE Jump to Marichi, right leg bent

EXHALE Bind arms

INHALE Look up

EXHALE Forward Bend **MARICHYASANA A**  
HOLD FOR 5 BREATHS

INHALE Look up

EXHALE Hands down

INHALE Lift up

EXHALE Chaturanga

INHALE Up dog

EXHALE Down dog

INHALE Jump to Marichi, left leg bent

EXHALE Bind arms

INHALE Look up  
EXHALE Forward Bend **MARICHYASANA A**  
HOLD FOR 5 BREATHS

INHALE Look up  
EXHALE Hands down

REPEAT VINAYASA ★

EXHALE Left foot half lotus, right leg bent, bind arms  
INHALE Look up  
EXHALE Forward Bend **MARICHYASANA B**  
HOLD FOR 5 BREATHS

INHALE Look up  
EXHALE Hands down

REPEAT VINAYASA ★

EXHALE Right foot half lotus, left leg bent, bind arms  
INHALE Look up  
EXHALE Forward Bend **MARICHYASANA B**  
HOLD FOR 5 BREATHS

INHALE Look up  
EXHALE Hands down  
INHALE Lift Up  
EXHALE Chaturanga  
INHALE Up Dog  
EXHALE Down Dog

## MARICHY TWISTS

INHALE Jump to Marichy, right leg bent  
EXHALE Twist, bind arms  
INHALE Look over back shoulder for **MARICHYASANA C**  
HOLD FOR 5 BREATHS

INHALE Head to front  
EXHALE Hands to floor  
INHALE Lift Up

EXHALE Chaturanga

INHALE Up dog

EXHALE Down dog

INHALE Jump to Marichy, left leg bent

EXHALE Twist, bind arms

INHALE Look over back shoulder for **MARICHYASANA C**  
HOLD FOR 5 BREATHS

INHALE Head to center

EXHALE Hands to floor

REPEAT VINAYASA ★

EXHALE Left foot half lotus, right leg bent, twist to right, bind arms  
INHALE Look over back shoulder for **MARICHYASANA D**  
HOLD FOR 5 BREATHS

INHALE Head to the front

EXHALE Hands to floor

REPEAT VINAYASA ★

EXHALE Right foot half lotus, left leg bent, twist to left, bind arms

INHALE Look over back shoulder for **MARICHYASANA D**  
 HOLD FOR 5 BREATHS  
 INHALE Head to the front  
 EXHALE Hands to floor  
 INHALE Lift up  
 EXHALE Chaturanga  
 INHALE Up dog  
 EXHALE Down dog

## BOAT

INHALE Jump to sitting, lift legs up **NAVASANA**  
 HOLD FOR 5 BREATHS

\*EXHALE Hands down, cross ankles  
 INHALE Lift  
 EXHALE Sit  
 INHALE Straighten legs to boat  
 HOLD FOR 5 BREATHS

**ADVANCED OPTION:**  
 Lift into handstand!

REPEAT FROM \* 3 MORE TIMES

EXHALE Release, bend legs, hands down, cross ankles

REPEAT VINAYASA ★

## BHUJAPINDASANA

INHALE Jump to Flying Insect  
 EXHALE Cross ankles, lower head **BHUJAPINDASANA**  
 HOLD FOR 5 BREATHS

INHALE Flying Insect  
 EXHALE Chaturanga  
 INHALE Up dog  
 EXHALE Down dog

### ADVANCED OPTION

INHALE Sit Up  
 EXHALE Left leg behind head  
 INHALE Right leg behind head  
 EXHALE Lower down, bind hands  
**SUPTA KURMASANA**  
 HOLD FOR 5 BREATHS

## TORTOISE

INHALE Flying Insect  
 EXHALE Lower **KURMASANA**  
 HOLD FOR 5 BREATHS

INHALE Look up  
 EXHALE Cross ankles, clasp hands  
**SUPTA KURMASANA**  
 HOLD FOR 5 BREATHS

INHALE Look up  
 EXHALE Release hands to floor  
 INHALE Flying insect  
 EXHALE Chaturanga  
 INHALE Up dog  
 EXHALE Down dog  
 INHALE Jump to sitting

INHALE Lift Up  
 EXHALE Hold  
 INHALE Flying insect  
 EXHALE Chaturanga  
 INHALE Up dog  
 EXHALE Down dog  
 INHALE Jump to sitting

## EMBRYO

EXHALE Lotus, arms through, hands to face

### Beginner Option for Lotus Jump Back

INHALE Lift lotus  
 EXHALE Pull through  
 to knees  
 INHALE Lift onto elbows  
 EXHALE Chaturanga

## GARBHA PINDASANA

HOLD FOR 5 BREATHS

EXHALE Roll back  
 INHALE Roll up  
 REPEAT 8 TIMES

## ROOSTER

INHALE Roll up, hands to floor, lift **KUKKUTASANA**  
 HOLD FOR 5 BREATHS  
 EXHALE Sit down, pull arms out

REPEAT VINAYASA ★

## COBBLER

EXHALE Feet together, hold feet, chin down  
**BADDHA KONASANA A**  
 HOLD FOR 5 BREATHS  
 INHALE Chin up  
 EXHALE Forward Bend **BADDHA KONASANA B**  
 HOLD FOR 5 BREATHS  
 INHALE Come up  
 EXHALE Release, bend legs, cross ankles, hands to floor

REPEAT VINAYASA ★

## WIDE LEG FORWARD BENDS

EXHALE Legs wide, grab edges of feet  
 INHALE Look Up  
 EXHALE Forward bend **UPAVISTHA KONASANA A**  
 HOLD FOR 5 BREATHS  
 INHALE Look up  
 EXHALE Grab big toes  
 INHALE Rock legs up **UPAVISTHA KONASANA B**  
 EXHALE Hands down

REPEAT VINAYASA ★

EXHALE Lie down, roll onto shoulders, legs wide, grab big toes  
**SUPTA KONASANA**  
 HOLD 5 BREATHS  
 INHALE Roll up  
 EXHALE Lower down into forward bend  
 INHALE Head Up  
 EXHALE Hands down

REPEAT VINAYASA ★

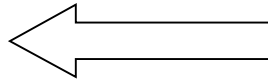
## RECLINED LEG STRETCH

EXHALE Lie down  
 INHALE Grab right big toe  
 EXHALE Head to leg **SUPTA PADANGUSTHASANA A**  
 Hold for 5 breaths  
 INHALE Head to floor

EXHALE Leg to side **SUPTA PADANGUSTHASANA B**  
 Hold for 5 breaths  
 INHALE Leg to center, grab foot with both hands, pull to head  
 EXHALE Release leg  
 INHALE Grab left big toe  
 EXHALE Head to leg **SUPTA PADANGUSTHASANA A**  
 Hold for 5 breaths  
 INHALE Head to floor  
 EXHALE Leg to side **SUPTA PADANGUSTHASANA B**  
 INHALE Leg to center, grab foot with both hands and pull to head  
 EXHALE Release leg

**ADVANCED OPTION**  
 Hold this for 5 breaths!  
**SUPTA**  
**PADANGUSTHASANA C**

**INHALE CHAKRASANA**



That's the backward  
 roll... in ONE inhale!

EXHALE Chaturanga  
 INHALE Up dog  
 EXHALE Down Dog  
 INHALE Jump to sitting

### BUTT BALANCES

EXHALE Roll onto shoulders, grab toes  
 INHALE Roll up onto butt, straight legs and arms  
**UBHAYA PADAGUSTHASANA**  
 HOLD FOR 5 BREATHS  
 EXHALE Release, hands down, ankles cross

REPEAT VINYASA ★

EXHALE Roll onto shoulders, grab heels  
 INHALE Roll up onto butt, straight legs, bent arms  
**URDHVA MUKHA PACHIMOTTANASANA**  
 HOLD FOR 5 BREATHS  
 EXHALE Release, hands to floor, cross ankles

REPEAT VINYASA ★

### BRIDGE

EXHALE Lie down, set hands and feet  
 INHALE Lift onto head, arms on chest  
**SETU BANDHASANA**  
 HOLD FOR 5 BREATHS  
 EXHALE Lie down

INHALE CHAKRASANA

EXHALE Chaturanga  
 INHALE Up dog  
 EXHALE Down dog  
 INHALE Jump to sitting

## FINISHING POSES!

### BACKBENDS

EXHALE Lie down, set hands and feet

INHALE Lift **URDHVA DHANURASANA**  
 HOLD FOR 5 BREATHS  
 EXHALE Lower Down  
 INHALE Lift up again  
 HOLD FOR 5 BREATHS  
 EXHALE Lower down  
 INHALE Lift up one more time!  
 HOLD FOR 5 BREATHS  
 EXHALE Lower Down  
 INHALE Chakrasana  
 EXHALE Chaturanga  
 INHALE Up dog  
 EXHALE Down dog  
 INHALE Jump to sitting

### FORWARD BENDS

EXHALE Grab feet  
 INHALE Straight arms  
 EXHALE Forward bend  
**PASCHIMOTTANASANA B**  
 HOLD FOR 8 BREATHS  
 INHALE Straight arms  
 EXHALE Release, hands down,  
 Ankles crossed

REPEAT VINYASA ★

### SHOULDER STANDS

EXHALE Lie down  
 INHALE Roll onto shoulders **SALAMBA SARVANGASANA**  
 HOLD FOR 15 BREATHS  
 EXHALE Lower legs to plow **HALASANA**  
 HOLD FOR 8 BREATHS  
 EXHALE Bend knees to Deaf Man **KARNAPIDASANA**  
 HOLD FOR 8 BREATHS  
 INHALE Back to shoulder stand  
 EXHALE Fold to lotus, hands to knees **URDHVA PADMASANA**  
 HOLD FOR 8 BREATHS  
 EXHALE Lower lotus **PINDASANA**  
 HOLD FOR 8 BREATHS  
 EXHALE Lower to fish **MATSYASANA**  
 HOLD FOR 8 BREATHS  
 INHALE Lift arms and legs **UTTANA PADASANA**  
 HOLD FOR 8 BREATHS  
 EXHALE Lower down  
 INHALE Chakrasana  
 EXHALE Chaturanga  
 INHALE Up dog  
 EXHALE Down dog  
 INHALE Kneel (Advanced Students can skip this!)  
 EXHALE Head and elbows down  
 INHALE Lift up **SIRSASANA A**  
 HOLD FOR 15 BREATHS  
 EXHALE Legs half way down **SIRSASANA B**  
 HOLD FOR 5 BREATHS  
 INHALE Legs up

### INTERMEDIATE BACKBENDS

INHALE Stand up  
 EXHALE Drop back  
 INHALE Stand up  
 Repeat 3 times.  
 Proceed to sitting as in Salutation A

### ADVANCED A BACKBENDS

Stand up/drop back 3 times  
 On 4<sup>th</sup> time, grab ankles, elbows on floor  
 On 5<sup>th</sup> time, grab knees with bent elbows  
 Proceed to down dog through Salutation A

### ADVANCED B BACKBENDS

INHALE Jump to handstand  
 EXHALE Drop to backbend  
 INHALE Jump to handstand  
 EXHALE Down dog  
 REPEAT 3 times

### INTERMEDIATE HEADSTAND

EXHALE Legs down  
 INHALE Legs Up  
 Repeat up to 10 times  
 Proceed to SIRSASANA B

### ADVANCED HEADSTAND

After SIRSASANA B,  
 INHALE Lift head  
 HOLD FOR 5 BREATHS  
 EXHALE Chaturanga

EXHALE Chaturanga  
 INHALE Up dog  
 EXHALE Down dog  
 INHALE Jump to sitting

### THE LOTUS POSES

EXHALE Fold to lotus, bind arms  
 INHALE Look up  
 EXHALE Forward Bend **BADDHA PADMASANA** (bound lotus)  
 HOLD FOR 8 BREATHS  
 INHALE Sit up  
 EXHALE Hands on knees, chin to chest **PADMASANA** (lotus)  
 HOLD FOR 8 BREATHS  
 INHALE Head to neutral  
 EXHALE Hands to floor  
 INHALE Lift **TOLASANA** (scale)  
 HOLD FOR **TEN** BREATHS!  
 INHALE Pull through  
 EXHALE Chaturanga  
 INHALE Up dog  
 EXHALE Down dog

Bored? You can add up to 90 fire breaths!

Beginners  
 EXHALE onto knees  
 INHALE lift lotus

### CORPSE POSE

INHALE Jump to sitting  
 EXHALE **SAVASANA**  
 HOLD FOR 5 MINUTES OR MORE