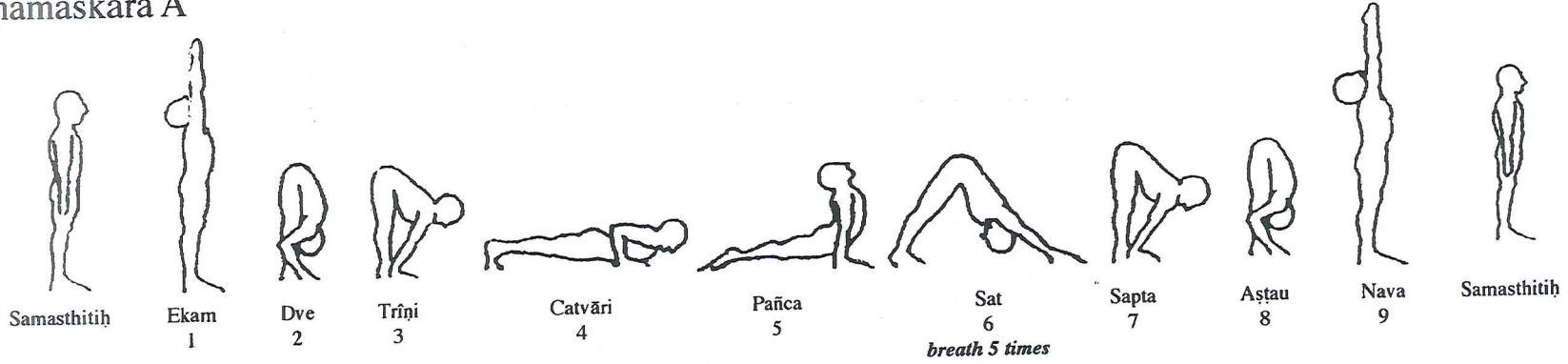


# Aṣṭāṅga Yoga

According the tradition of Yogāsana-viśārada Vedānta-vidvān Śrī K. Pattabhi Jois

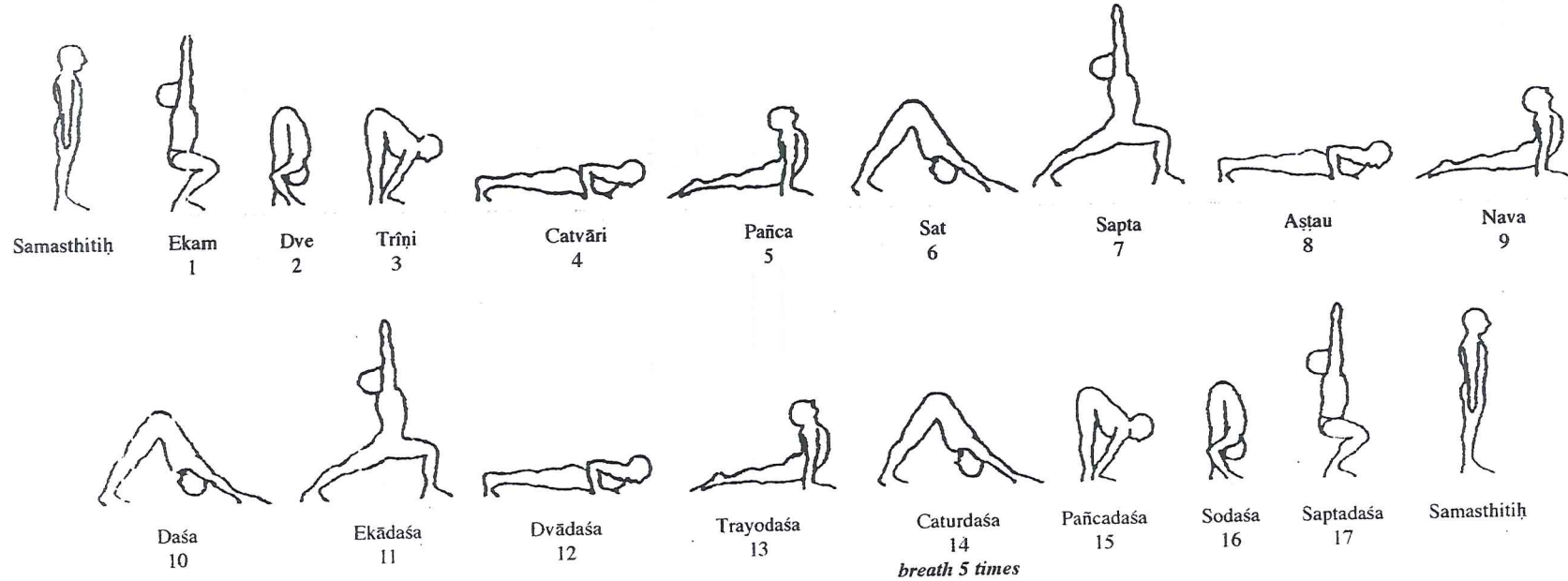
## Sūrya-namaskāra A

5x



## Sūrya-namaskāra B

5x

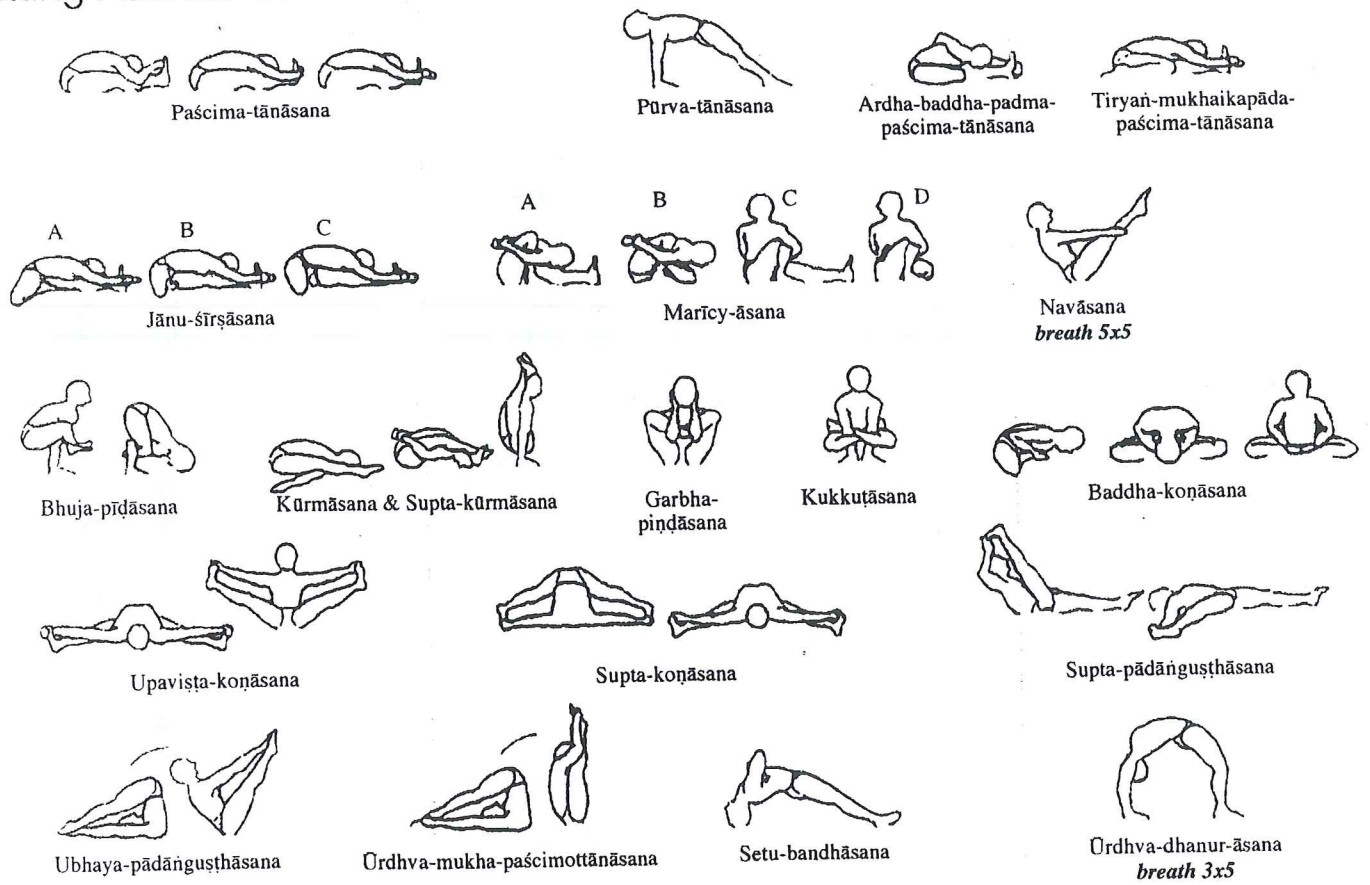


# Primary Series (Yoga Chikitsa)

Standing Āsanas *Minimum 5 breaths/āsana*



## Sitting Āsanas *Minimum 5 breaths/āsana*



## Finishing Āsanas *Minimum 10 breaths/āsana*

