

STANDARD VINYASA SEQUENCE

Based on The Ashtanga Primary Series 1

1. PRESENCING

Balāsana (Child's Pose)

Adho Mukha Svānāsana (Downward Facing Dog)

Uttanāsana (Ragdoll)



TRANSITION

Take your feet to your hands for Ragdoll



TRANSITION

Rise up to Tadasana

2. WARMING

Surya Namaskara A x 5 (Sun Salutation A) *





TRANSITION
Chair pose

Surya Namaskara B x 3 (Sun Salutation B) * (last down dog, step to crescent lunge)





Repeat Crescent Lunge, Warrior 2 left side
Chaturanga Dandasana, Upward Facing Dog, Downward Facing Dog

TRANSITION

Crescent Lunge - step your right foot forward

3. FIRING

Anjaneyasana (Crescent Lunge)

Parivrtta Anjaneyasana (Revolved Crescent Lunge)

Utthita Parsvakonasana (Extended Side Angle) - vinyasa to
Vasisthasana (Side Plank)

Utkatasana with prayer twist (Chair Pose)

Malasana (yoga squat) or Bakasana (Crow)

Padahasthasana (Gorilla)



TRANSITION

*VINYASA: Chaturanga Dandasana, Upward Facing Dog, Downward Facing Dog
Repeat Other side: Revolved Crescent Lunge, Extended Side Angle to High Plank*



TRANSITION

VINYASA: Chaturanga Dandasana, Upward Facing Dog, Downward Facing Dog, walk or float to your hands for Halfway Lift, Fold Forward, Reach Up, Utkatasana (chair pose)



Do both sides of your chair twist and release to malasana



Option to hold malasana, or take crow



TRANSITION

Crow can float back to low plank (Chaturanga Dandasana), Upward Facing Dog, Downward Facing Dog, and step to gorilla OR

Crow can return to Malasana, everyone slowly rise up to forward fold, to Gorilla



TRANSITION

Rise up to Tadasana

4. BALANCING

Garudasana (Eagle)

Utthita Hasta Padangusthasana A + B (Upright Big Toe - Front + Side Leg Raise)

Virabhadrasana III - or variation

Natarajasana (Dancer's)

Vrksasana (Tree)



Until you are comfortable with this sequence; do each pose on both sides before proceeding to the next pose. This is the simplest way to teach this sequence.



or



TRANSITION

Tadasana, SUN A: From downward dog, right foot forward Crescent lunge, warrior 2

5. GROUNDING

Utthita Trikonasana (Triangle)

Prasarita Padottanasana (Wide Legged Forward Fold)

Parsvottanasana (Pyramid)

Parivrtta Trikonasana (Revolved triangle)



TRANSITION

Instruct: Hands to hips, soften your knees, rise up to standing

Heel toe your feet together one step, pivot both feet to face the front of your mat

Deep breath in, as you exhale, Pyramid Pose



TRANSITION

High plank, to low plank, to your advasana (belly down savasana)

6. HEART OPENING

Salabhasana (Locust)

Dhanurasana (Bow)

Urdhva Mukha Svanasana (Upward Facing Dog)

TRANSITION

To your knees for Camel

Ustrasana (Camel)

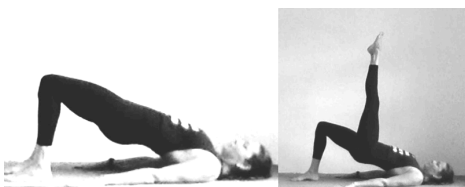
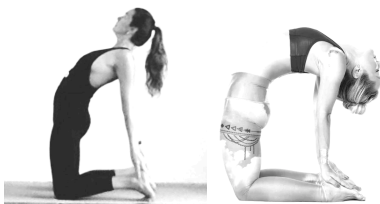
TRANSITION

To your knees for Camel to downward facing dog, to laying on back

Setu Bandhasana (Bridge)

Urdhva Dhanurasana (Wheel)

Supta Baddha Konasana (Reclined Bound Angle OR Reclined Pyramid)





7. CORE ACTIVATING

*** You can do all or choose one**

Scissor Legs and 60/30 Lift

Abdominal Twists

Navasana (Boat)



8. REJUVENATING

***choose one**

Viparita Karani (Legs Up)

Sirshasana (Headstand)

Uttanasana (Forward Fold) - standing

Adho Mukha Vrksasana (Handstand)



9. RELEASING

TRANSITION

Use the most appropriate transition posture

- From legs up, students are already on their back body, go into Figure Four, then proceed to section 10: CLOSING; go right into Happy Baby, then proceed to Section 11: SURRENDER.
- From headstand, handstand, rag doll pose, release to Childs pose, rise to seated for Half Pigeon, Double Pigeon, Frog; after frog Danadasana to Forward Fold, to back body for Happy Baby

Eka Pada Rajakapotasana (Half Pigeon) * *Or the modification of Figure Four*

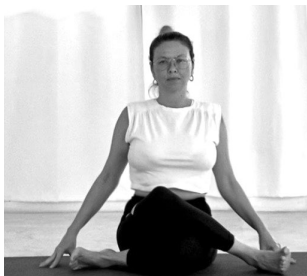
Dwapada Rajakapotasana (Double Pigeon) * *Or the modification of Figure Four*

Option to insert: Mandukasana (Frog)



TRANSITION

- Step back to downward dog to switch sides for Half Pigeon, on left side drop to sit bone and swing your top leg over



10. CLOSING

Depending on your last releasing posture choose one:

Paschimottanasana (Seated Forward Fold)

Ananda Balansana (Happy Baby)

Reclined Shoe Lace / Figure 4



11. SURRENDERING

Supine Twist (Laying Down Twist)

Savasana (Dead Body Corpse Pose)

