

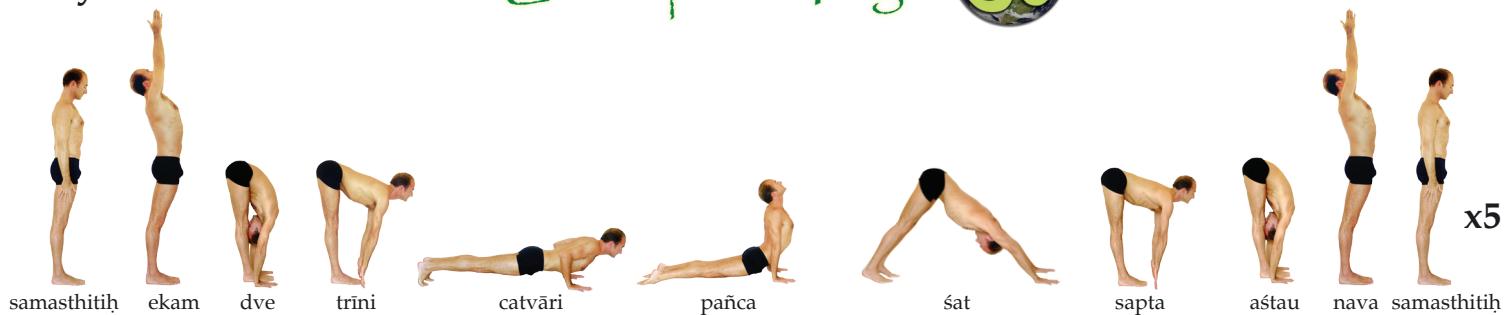
ASHTANGA YOGA PRIMARY SERIES

by Clayton Horton of

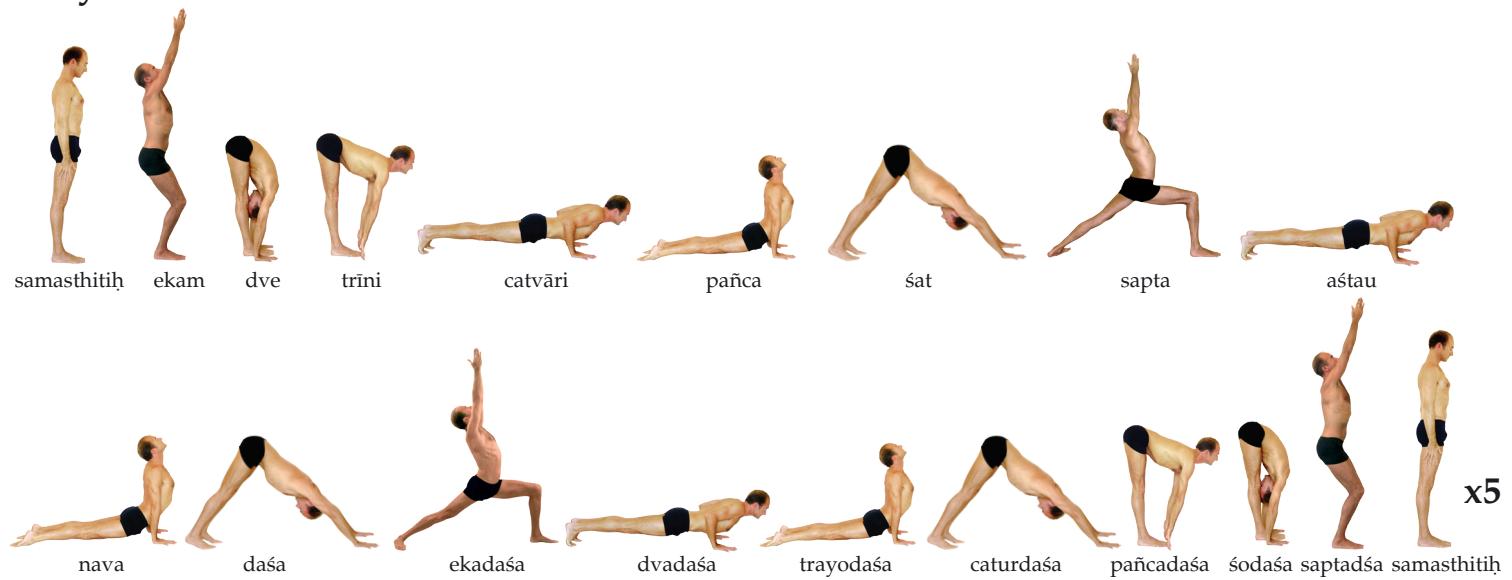
Greenpath Yoga



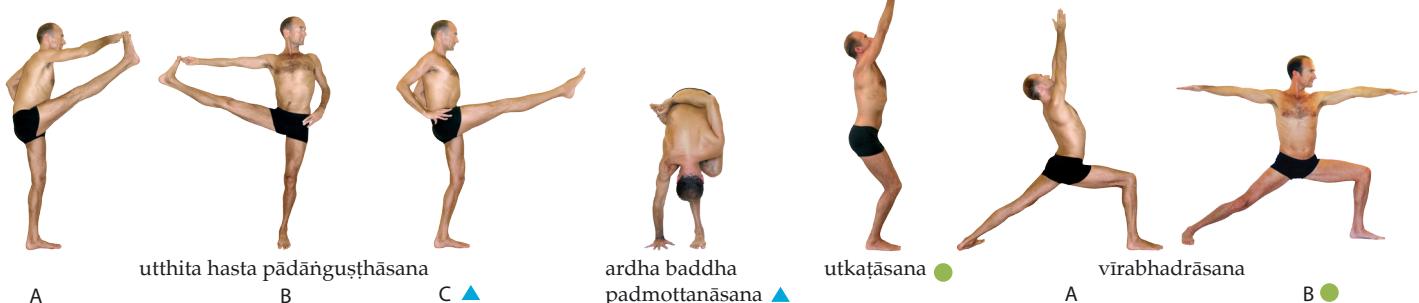
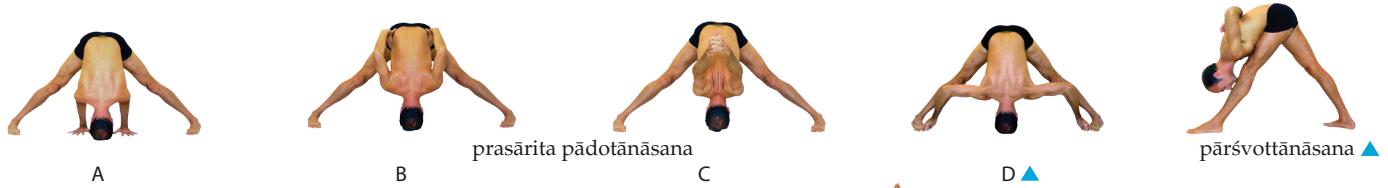
Sūrya Namaskara A



Sūrya Namaskara B



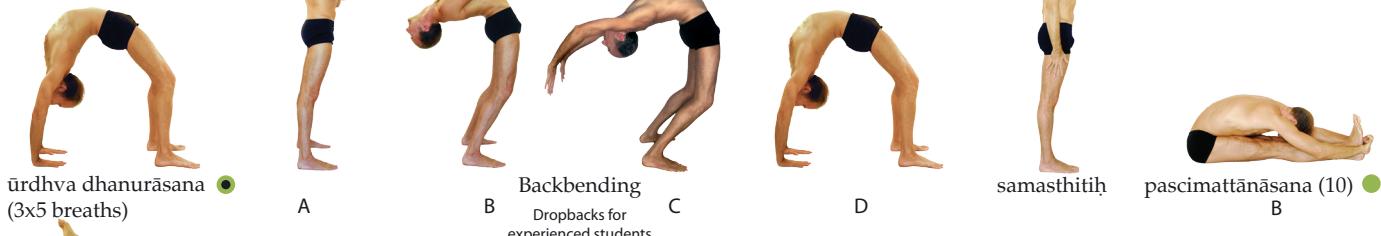
Standing asanas



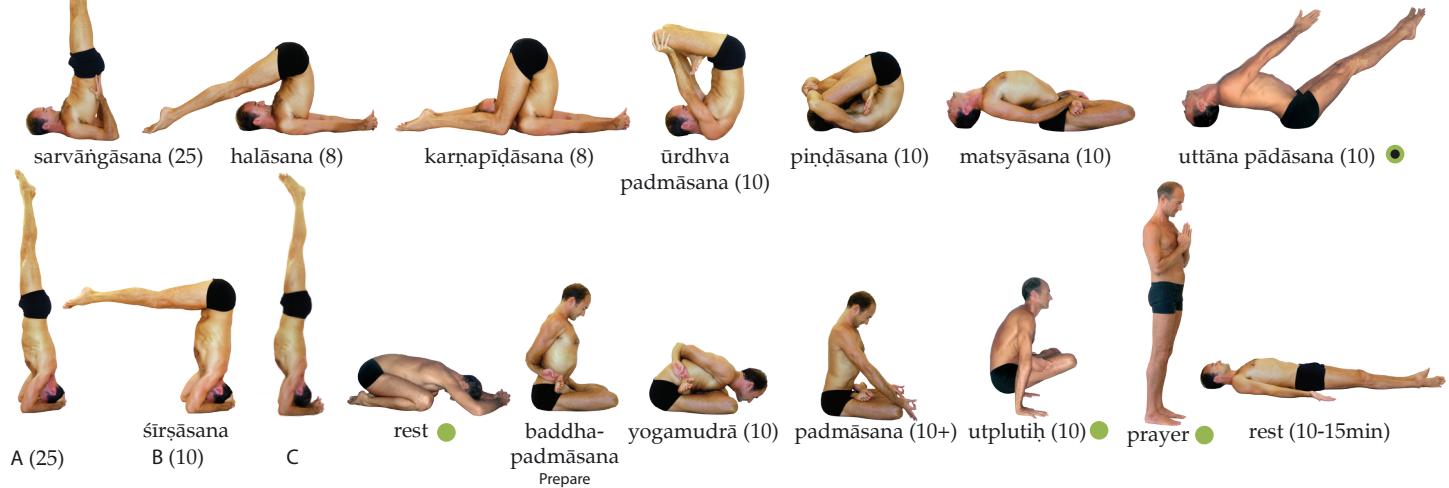
Primary series



Backbending



Finishing asanas



● = Vinyasa

● = Chakrasana

▲ = Samasthitih