

Ashtanga Yoga Cheat Sheet

Id: 389367e8-23d0-48a7-80a1-7585d2400802
Tags: Health, Sport
Disclosure: public

Abstract

A cheat sheet for the ashtanga practice with the primary series.

Contents

[Opening Sequence](#)
[Standing Sequence](#)
[Primary Series](#)
[Intermediate Series](#)
[Finishing Sequence](#)

Opening Sequence

- Samasthiti + Opening Invocation
 - vande gurunam charanaravinde
 - sandarshita svatma sukhava bodhe
 - nih shreyase jangalikayamane
 - samsara halahala mohasantyai
 - abahu purusharakam
 - sankhachakrasi dharinam
 - sahasra shirsam svetam
 - pranamami patanjalin
- Surya Namaskara A – Sun-Greeting/Salutation (5 times)
- Surya Namaskara B – Sun-Greeting/Salutation (5 times)

Standing Sequence

- Pada Angustha Asana – Foot Big Toe Posture
- Pada Hasta Asana – Foot Hand Posture
- Utthita Tri Kona Asana – Extended TriAngle Posture
- Parivritta Tri Kona Asana – Revolved TriAngle Posture
- Utthita Parsva Kona Asana – Extended Side Angle Posture
- Parivritta Parsva Kona Asana – Revolved Side Angle Posture
- Prasarita Pada Uttana Asana A – Spread Out Feet Stretch Posture (w/ hands on the floor)
- Prasarita Pada Uttana Asana B – Spread Out Feet Stretch Posture (floating)
- Prasarita Pada Uttana Asana C – Spread Out Feet Stretch Posture (w/ hands tie in the back)
- Prasarita Pada Uttana Asana D – Spread Out Feet Stretch Posture (grabbing big toes)
- Parsva Uttana Asana – Side Stretch Posture
- Utthita Hasta Pada Angustha Asana A – Extended Hand Big Toe Posture (grabbing big toe)
- Utthita Hasta Pada Angustha Asana B – Extended Hand Big Toe Posture (to the side)
- Utthita Hasta Pada Angustha Asana C – Extended Hand Big Toe Posture (raising both hands)
- Utthita Hasta Pada Angustha Asana D – Extended Hand Big Toe Posture (floating leg)
- Ardha Baddha Padma Uttana Asana – Half Bound Lotus Stretch Posture
- Utka Asana – Fierce/Powerful Posture
- Virabhadra Asana A – Hero/Warrior Posture (hands up)
- Virabhadra Asana B – Hero/Warrior Posture (hands horizontal)

Primary Series

- Danda Asana – Stick/Staff Posture
- Paschima Uttana Asana A – Western Stretch Posture (grabbing big toes)
- Paschima Uttana Asana B – Western Stretch Posture (grabbing side of the feet)
- Paschima Uttana Asana C – Western Stretch Posture (grabbing wrist)

[First Vinyasa]

- Purva Uttana Asana – Eastern Stretch Posture
- Ardha Baddha Padma Paschima Uttana Asana – Half Bound Lotus Western Stretch Posture
- Tri Anga Mukha Eka Pada Paschima Uttana Asana – Three Limb Face One Foot Western Stretch Posture (folded leg)

- Janu Sirsa Asana A – Knee Head Posture
 - Janu Sirsa Asana B – Knee Head Posture (heel on perineum)
 - Janu Sirsa Asana C – Knee Head Posture (toes of bent leg pointing down)
 - Marichi Asana A – Marichi’s Posture
 - Marichi Asana B – Marichi’s Posture (with bent leg in groin)
 - Marichi Asana C – Marichi’s Posture (twist)
 - Marichi Asana D – Marichi’s Posture (twist with bent leg in groin)
 - Nava Asana – Boat Posture
 - Bhujanga Asana – Arm/Shoulder Pressure Posture
 - Kurma Asana – Tortoise Posture
 - Supta Kurma Asana – Sleeping Tortoise Posture
 - Garbha Pinda Asana – Womb Embryo Posture
 - Kukkuta Asana – Cock Posture - (rocking around + lifting, 5 breaths)
 - Baddha Kona Asana A – Bound Angle Posture
 - Baddha Kona Asana B – Bound Angle Posture (rounding the back)
 - Upavahista Kona Asana A – Seated Angle Posture (on floor + lift)
 - Supta Kona Asana – Sleeping Angle Posture (upside down w/ big toes + roll up)
 - Supta Pada Angustha Asana A – Sleeping Foot Big Toe Posture (lifting heart up)
 - Supta Pada Angustha Asana B – Sleeping Foot Big Toe Posture (leg to the side)
 - Supta Pada Angustha Asana C – Sleeping Foot Big Toe Posture (leg to head)
- [First Chakra Asana – Wheel Posture]
- Ubhaya Pada Angustha Asana – Both Foot Big Toe Posture (upside down w/ legs straight + lift to boat)
 - Urdhva Mukha Paschimottana Asana – Upward Face Western Stretch Posture (same, but holding side of feet)
- [Lie down]
- Setu Bandha Asana – Bridge Bondage/Contraction Posture

Intermediate Series

- Pasha Asana – Noose Posture
- Krouncha Asana – Heron Posture
- Shalabha Asana A – Locust Posture (with top of hands on the floor)
- Shalabha Asana B – Locust Posture (with hands to the side)
- Bheka Asana – Frog Posture
- Dhanura Asana – Bow Posture
- Parsva Dhanura Asana – Sideways Bow Posture (once on each side)
- Ushtra Asana – Camel Posture (on knees, leaning back)
- Laghu Vajra Asana – Little Thunderbolt Posture (same, but reaching head to feet)
- Kapota Asana – Pigeon Posture (same but elbows to the floor)
- Supta Vajra Asana – Lying Down/Sleeping Thunderbolt Posture
- Baka Asana – Crane Posture
- Bharadvaja Asana – Bharadvaja’s Posture (twist with opposite hand under knee)
- Ardha Matsyendra Asana – Half Lord of the Fishes Posture
- Eka Pada Sirsa Asana A – One Foot/Leg Head Posture (option: lunge instead)
- Eka Pada Sirsa Asana B – One Foot/Leg Head Posture (bending forward)
- Eka Pada Sirsa Asana C – One Foot/Leg Head Posture (lifting off the floor)
- Dwi Pada Sirsa Asana A – Two Foot/Leg Head Posture
- Dwi Pada Sirsa Asana B – Two Foot/Leg Head Posture (lifting off the floor, spreading out)
- Yoga Nidra Asana – Yogi Sleep Posture
- Tittibha Asana A – Insect Posture (legs out, on hands)
- Tittibha Asana B – Insect Posture (standing, hands behind the heels)
- Tittibha Asana C – Insect Posture (walking)
- Tittibha Asana D – Insect Posture (hands touching back of the head)
- Pincha Mayura Asana – Feather Peacock Posture (inversion on forearms)
- Karandava Asana – Duck Posture (knees on armpit, balance on forearms)
- Vrishchika Asana – Scorpion Posture
- Mayura Asana – Peacock Posture (floating horizontally on forearms)
- Nakra Asana – Crocodile Posture

- Vatayana Asana – Horse Posture
- Parigha Asana – Cross Beam of a Gate Posture (twisting and grabbing foot)
- Gomukha Asana A – Cow Face Posture (hands on knees)
- Gomukha Asana B – Cow Face Posture (hands behind back)
- Supta Urdhva Pada Vajra Asana – Sleeping Raised Foot Thunderbolt Posture

[Headstands]

- Baddha Hasta Sirsa Asana A – Bound Hands Head Posture (hands behind head)
- Baddha Hasta Sirsa Asana B – Bound Hands Head Posture (elbows in front)
- Baddha Hasta Sirsa Asana C – Bound Hands Head Posture (hands on the floor)
- Baddha Hasta Sirsa Asana D – Bound Hands Head Posture (hands behind neck)
- Mukta Hasta Sirsa Asana A – Free Hands Head Posture (hands in T)
- Mukta Hasta Sirsa Asana B – Free Hands Head Posture (extended on back of the hands)
- Mukta Hasta Sirsa Asana C – Free Hands Head Posture (extended to the side)

Finishing Sequence

- Urdhva Dhanura Asana – Upward Bow Posture (inverted backbend)
- Paschima Uttana A – Western Stretch Posture
- Salamba Sarva Anga Asana – Whole Body Supported Posture (shoulder stand)
- Hala Asana – Plow Posture (toes touching the floor behind)
- Karna Pida Asana – Ear Pressure Posture
- Urdhva Padma Asana – Upward Lotus Posture (hands supporting knees)
- Pinda Asana – Embryo Posture

[Bring legs to the floor slowly]

- Matsya Asana – Fish Posture
- Uttana Pada Asana – Extended Leg Posture
- Sirsa Asana A – Head Posture
- Sirsa Asana B – Head Posture (legs at 90 degrees)
- Baddha Padma Asana – Bound Lotus Posture
- Padma Asana – Lotus Posture (pranayama, 10 long breaths)
- Tola Asana – Scale Posture (lofting off the floor)

[Closing Invocation]

svasti prajabyah paripalayantam
nyayena margena mahim mahishah
gobrahmanebayah shubamashtu nityam
lokasamasta sukhinobavantu

- Savasana – Corpse Posture