

Traditional Ashtanga Yoga Primary Series Yoga Cikitsā (Yogatherapie)



1. Sun Salutation A • Surya Namaskar A
2. Sun Salutation B • Surya Namaskar B



3. Hand to Big Toe Pose • Padangusthasana



4. Standing Forward Bend
Hands Under Feet Pose • Uttanasana
Variation Hands Under Feet Pose



5. Extended Triangle Pose • Utthita Trikonasana



6. Revolved Triangle Pose • Parivrtta Trikonasana



7. Extended Side Angle Pose • Utthita Parsvakonasana



8. Revolved Side Angle Pose Hands On Floor • Parivrtta Parsvakonasana Hands On Floor



9. Intense Leg Stretch Pose • Prasrita Padottanasana



10. Intense Leg Stretch Pose B • Prasrita Padottanasana B



11. Intense Leg Stretch Pose C • Prasrita Padottanasana C



12. Intense Leg Stretch Pose D • Prasrita Padottanasana D



13. Intense Side Stretch Pose • Parsvottanasana



14. Standing Hand to Big Toe Pose In Front • Utthita Hasta Padangusthasana In Front



15. Standing Hand to Big Toe Pose Forward Bend • Utthita Hasta Padangusthasana Forward Bend



16. Stretched
Sideward Pose •
Utthita Parsvasahita



17. Standing Hand
To Big Toe Pose
Forward Bend •
Utthita Hasta
Padangusthasana
Forward Bend



18. Standing
Balance One Leg
Raised



19. Standing
Forward Bend Half
Bound Lotus Pose •
Ardha Baddha
Padmottanasana



20. Chair Pose •
Utkatasana



21. Warrior Pose I •
Virabhadrasana I



22. Warrior Pose II •
Virabhadrasana II



23. Bunny Hops
Pose Handstand
Prep



24. Staff Pose •
Dandasana



25. Seated Forward
Bend Pose A •
Paschimottanasana
A



26. Seated Forward
Bend Pose B •
Paschimottanasana
B



27. Seated Forward
Bend Pose •
Paschimottanasana



28. Upward Plank
Pose •
Purvottanasana



29. Half Bound
Lotus Forward Fold
• Ardha Baddha
Padma
Paschimottanasana



30. One Leg Folded
Forward Bend •
Trianga
Mukhaikapada
Paschimottanasana



31. **Head to Knee Pose** • Janu
Sirsasana



32. **Head On Knee Pose B** • Janu
Sirsasana B



33. **Head On Knee Pose C** • Janu
Sirsasana C



34. **Sage Twist Pose** •
Marichyasana



35. **Sage Twist Pose B** •
Marichyasana B



36. **Marichi Pose C I** • Marichyasana C I



37. **Marichi Pose D** • Marichyasana D



38. **Boat Pose** •
Navasana



39. **Shoulder Press Pose Variation B** •
Bhujapidasana B



40. **Tortoise Pose** •
Kurmasana



41. **Reclining Turtle Pose** • Supta
Kurmasana



42. **Firefly Pose** •
Tittibhasana



43. **Embryo Pose** •
Garbhasana



44. **Cock Pose** •
Kukkutasana



45. **Scale Pose** •
Tolasana



46. **Bound Angle Pose** • Baddha
Konasana



47. **Butterfly Pose A** • Baddha Konasana
A



48. **Seated Straddle Pose Variation** •
Upavistha Konasana
Variation



49. **Upward Seated Straddle Pose** •
Urdhva Upavistha
Konasana



50. **Reclining Angle Yoga Pose** • Supta
Konasana



51. Seated Straddle Pose Variation •
Upavistha Konasana Variation



52. Reclined Big Toe Pose A Variation Nose To Leg •
Supta Padangusthasana A Variation Nose To Leg



53. Reclined Big Toe Pose B •
Supta Padangusthasana B



54. Reclined Intense Back Stretch Pose •
Supta Paschimottanasana



55. Both Big Toe Pose •
Ubhaya Padangusthasana



56. Reclined Intense Back Stretch Pose •
Supta Paschimottanasana



57. Upward Facing Intense West Stretch •
Urdhva Mukha Paschimottanasana



58. Bridge Pose On Head •
Sirsa Setu Bandhasana



59. Wheel Pose •
Urdhva Dhanurasana



60. Seated Forward Bend Pose •
Paschimottanasana



61. Shoulderstand Pose •
Sarvangasana



62. Plough Pose •
Halasana



63. Ear Pressure Pose •
Karnapidasana



64. Upward Lotus Pose •
Urdhva Padmasana



65. Embryo Pose in Shoulder Stand •
Pindasana



66. **Fish Pose Variation Lotus** •
Matsyasana
Variation Lotus



67. **Raised Legs Pose** • Uttana
Padasana



68. **Headstand Pose** • Salamba
Sirsasana



69. **Upward Facing Staff Pose** • Urdhva
Dandasana



70. **Child Pose** •
Balasana



71. **Psychic Union Pose Variation** •
Yoga Mudrasana
Variation



72. **Lotus Pose Chin Mudra Jalandhara Bandha**
• Padmasana Chin
Mudra Jalandhara
Bandha



73. **Scale Pose** •
Tolasana



74. **Corpse Pose (IRT)** • Savasana
(IRT)