



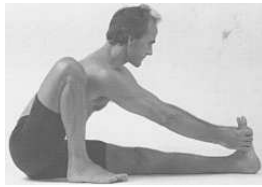
Ashtanga Primary Series – Seated Postures (1 of 2)

		<u>Notes</u>
 <p>Dandasana</p>		
 <p>Paschimottanasana A</p>		
 <p>Paschimottanasana B</p>	<p>AS ABOVE</p>	
 <p>Paschimottanasana C</p>	<p>AS ABOVE</p>	
 <p>Purvottanasana</p>		
 <p>Ardha Baddha Padma Paschimottanasana</p>		
 <p>Trianga Makhaikapada Paschimottanasana</p>		
 <p>Janu Sirsasana A</p>		
 <p>Janu Sirsasana B</p>		
 <p>Janu Sirsasana C</p>		

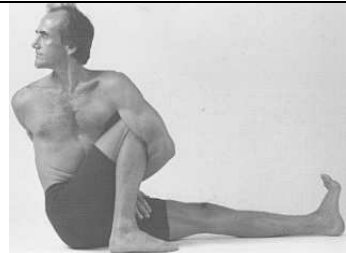
Ashtanga Primary Series – Seated Postures (2 of 2)



Marichyasana A



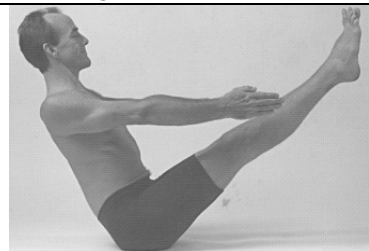
Marichyasana B



Marichyasana C



Marichyasana D



Navasana



From ASHTANGA YOGA "The Practice Manual" by David Swenson