



centro de yoga ashtanga

Ashtanga  
Vinyasa  
Yoga

# ASHTANGA VINYASA YOGA

As taught by Shri K. Pattabhi Jois, Mysore India.

Drawings by John Crawford Scott

Esto es una guía para poder recordar la serie. realiza solo las posturas que tu profesor te a dado.

## SURYANAMASKARA A

(x5). Sun salutation.



SAMASTHITI URDHVA DHANURASANA ADHO BHUJANGASANA URDHVA SETU ADHO URDHVA NAVASANA SAMASTHITI  
breath: inhale exhale in exhale in exhale in ex in ex

## SURYANAMASKARA B (x5)



SAMASTHITI EKAMBHIGI DHANURASANA TRIBHUJASANA BHUJANGASANA PARVATASANA SETU SARVANGASANA ADHO NAVASANA DHANURASANA  
inhale exhale in ex in ex in ex in ex x5



BHUJANGASANA BHUJANGASANA URDHVA URDHVA PARSVOTTHANASANA PARSVOTTHANASANA SARVANGASANA SAMASTHITI  
11 12 13 14 15 16 17

Posturas de pie de la primera serie. Mantener 5 respiraciones en cada postura



Padasana Padasana Urdhva Urdhva Parsvotthanasana Parsvotthanasana Padasana Padasana



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