



# Ashtanga Cheshire yoga primary series

ashtangacheshire.co.uk

1

Ashtanga  
surya namaskara A x5



**Ashtanga opening chant**  
om vande gurunam charanaravinde  
sandarshita svatmasukhavabodhe  
nisthreyase jangalika yamane  
samsara halahala mohashantyai

abahu purushakaram  
shanka chakrasi dharinam  
sahasra sirasam svetam  
pranamami patanjali om

**Ashtanga closing chant**  
om svasthi praja bhyah  
pari pala yantam  
nyayena margena  
mahim mahishaha

go brahmanebhyaha  
shubhamastu nityam  
loka samasta sukhino bhavantu  
om shanti shanti shanti

Posture:  
Breathing:  
Dristi/gazing point:

Samasthiti	Urdhva Hastasana	Uttanasana A	Uttanasana B	Chaturanga Dandasana	Urdhva Mukha Svanasana	Adho Mukha Svanasana	Uttanasana B	Uttanasana A	Urdhva Hastasana	Samasthiti
nose	inhale thumbs	exhale nose	inhale 3rd eye	exhale nose	inhale nose	exhale + 5 breaths navel	inhale 3rd eye	exhale nose	inhale thumbs	exhale nose

2

Ashtanga  
surya namaskara B x3



Samasthiti	Utkatasana	Uttanasana A	Uttanasana B	Chaturanga Dandasana	Urdhva Mukha Svanasana	Adho Mukha Svanasana	Virabhadrasana A	Chaturanga Dandasana	Urdhva Mukha Svanasana	Adho Mukha Svanasana	Virabhadrasana A	Chaturanga Dandasana	Urdhva Mukha Svanasana	Adho Mukha Svanasana	Uttanasana B	Uttanasana A	Utkatasana	Samasthiti
nose	inhale thumbs	exhale nose	inhale 3rd eye	exhale nose	inhale nose	exhale navel	inhale thumbs	exhale nose	inhale nose	exhale navel	inhale thumbs	exhale nose	inhale nose	exhale + 5 breaths navel	inhale 3rd eye	exhale nose	inhale thumbs	exhale nose

3

Ashtanga  
standing sequence



Padangusthasana	Pada Hastasana	Utthita Trikonasana	Pariivitta Trikonasana	Utthita Parsvakonasana	Pariivitta Parsvakonasana	Pasarita Padottanasana A	Pracarita Padottanasana B	Pasarita Padottanasana C	Pracarita Padottanasana D	Parsvottanasana	Utthita Hasta Padangusthasana A	Utthita Hasta Padangusthasana B	Utthita Hasta Padangusthasana C	Archa Baddha Padmottanasana	Utkatasana	Virabhadrasana A	Virabhadrasana B
5 breaths nose	5 breaths nose	5 breaths hand	5 breaths hand	5 breaths hand	5 breaths hand	5 breaths nose	5 breaths nose	5 breaths nose	5 breaths nose	5 breaths nose	5 breaths toes	5 breaths side	5 breaths toes	5 breaths nose	5 breaths thumbs	5 breaths upwards	5 breaths hand

4

Ashtanga  
seated sequence



Vinyasa's

Dandasana	Paschimattanasana A	Paschimattanasana B	Paschimattanasana C	Paschimattanasana D	Purvottanasana	Archa Baddha Padma Paschimattanasana	Triang Mukha Eka Pada Paschimattanasana	Janu Sirsasana A	Janu Sirsasana B	Janu Sirsasana C	Marichyasana A	Marichyasana B	Marichyasana C	Marichyasana D	Navasana x 5	Jump around	Bhujapidasana	Kurmasana
5 breaths toes	5 breaths toes	5 breaths toes	5 breaths toes	5 breaths toes	5 breaths nose	5 breaths toes	5 breaths toes	5 breaths toes	5 breaths toes	5 breaths toes	5 breaths toes	5 breaths nose	5 breaths side	5 breaths side	5 breaths nose/toes	inhale 3rd eye	5 breaths nose	5 breaths 3rd eye

5

Ashtanga  
seated sequence



Vinyasa's

Supta Kurmasana	Garbha Pindasana	Kukkutasana	Baddha Konasana A	Baddha Konasana B	Upavistha Konasana A	Upavistha Konasana B	Supta Konasana	Supta Padangusthasana A	Supta Padangusthasana B	Supta Padangusthasana A	Ubhaya Padangusthasana	Ubhaya Padangusthasana	Urdhva Mukha Paschimattanasana	Urdhva Mukha Paschimattanasana	Setu Bandhasana
5 breaths 3rd eye	5 breaths then roll nose	5 breaths nose	5 breaths nose	5 breaths nose	5 breaths 3rd eye	5 breaths upwards	5 breaths navel	inhale upwards	exhale 3rd eye	5 breaths toes	5 breaths side	inhale toes	exhale nose	5 breaths nose	5 breaths nose

6

Ashtanga  
finishing sequence



Vinyasa's

Urdhva Dhanurasana x 3	Paschimattanasana	Salamba Sarvangasana	Halasana	Karnapidasana	Urdhva Padmasana	Pindasana	Mathsyasana	Uttana Padasana	Sirsasana	Balasana	Yoga Mudra	Padmasana	Utplithih	Take rest
5 breaths nose	10 breaths toes	8 breaths nose	8 breaths nose	8 breaths nose	8 breaths nose	8 breaths nose	8 breaths nose/3rd eye	8 breaths nose	25 breaths nose	10 breaths nose	10 breaths nose	25 breaths nose	10 breaths nose	eyes closed