



Surya Namaskara A
(3 times)

Ashtanga Short Class

Cultivating and sustaining a steady breath

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Surya Namaskara B
(1 time)



Utthita Trikonasana
5 breaths R ~ L
Drishti hand

Utthita Parshvakonasana
5 breaths R ~ L
Drishti hand

Utthita Hasta Padangushtasana
5 breaths each position R ~ L
Drishti toes

Inhale

Exhale

Inhale

Exhale

Inhale

Exhale



Virabhadrasana A
5 breaths R ~ L
Drishti thumbs



Virabhadrasana B
5 breaths L ~ R
Drishti hand



Exhale



Inhale



Exhale



Dandasana
5 breaths
Drishti toes



Marichyasana C
5 breaths R ~ L
Drishti over shoulder



Navasana
2 times, 5 breaths
Drishti toes



Setu Bandha Sarvangasana
1 time, 5 breaths
Drishti nose



Urdhva Dhanurasana
1 time, 5 breaths
Drishti nose

R



Pashimottasana
10 breaths
Drishti toes

V



Padmasana (Jnana mudra)
10 breaths
Drishti nose



Take rest

T Top of mat

V Vinyasa or alternative option

R Roll up to sitting