



ASHTANGA YOGA PRIMARY SERIES: YOGA CHIKITSA



César Caldera Dávila

Mantra

Vande Gurunam charanaravinde
Sandarshita svatma sukava bodhe
Nih sreyaase jangalikayamane
Samsara hālahala mohashantyai

Abahu Purushakaram
Shankhacakrsi dharinam
Sahasra sirasam svetam
Pranamami Patanjalin

Swasthi-praja bhyam pari pala yantam
Nya-yena margena mahi-mahishaha
Go-bramanebhyaha-shuhamastu-niyam
Lokaha-samastha sukhino bhavanthu

Kale varsatu parjanyaḥ pṛthivi sasyasālini
Oyam ksobharahito brahmana santu nirbhaya
Aputrah putriḥ santu putrināḥ santu pautrināḥ
Adhanas sadhanas santu jivantu saradam satam
Om Santih, Santih, Santih.

DRISHTI

- ⊙ Nasagre
- ☞ Angusthagre
- ☹ Padagre
- ☞ Hastagre
- ⊕ Nabhou
- ◀▶ Parsvayoh
- ↑ Urdhve
- ▽ Brumadhye

SURYA NAMASKARA A/ 9 VINYASA

Samasthiti Ekam Dve Trini Chatvari Pancha Sat Sapta Ashtau Nava Samasthiti

Bhadram Karnnebhīh Shrnnyuama Devaah
Bhadram Pashyema-Akssabhir-Yajatraah
Shirair-Anggais-Tussttuvaamsas-Tanuubhīh

Svasti Na Indro Vrddha-Shravaah
Vyashema Deva-Hitam Yad-Aayuh
Svasti Nah Puussaa Vishva-Vedaah
Svasti No Vrhspatir-Dadhaatu
Svasti Nas-Taarkssyo Arissta-Nemih

Om Shaantih Shaantih Shaantih

SURYA NAMASKARA B/ 17 VINYASA

Samasthiti Ekam Dve Trini Chatvari Pancha Sat Sapta Ashtau Nava

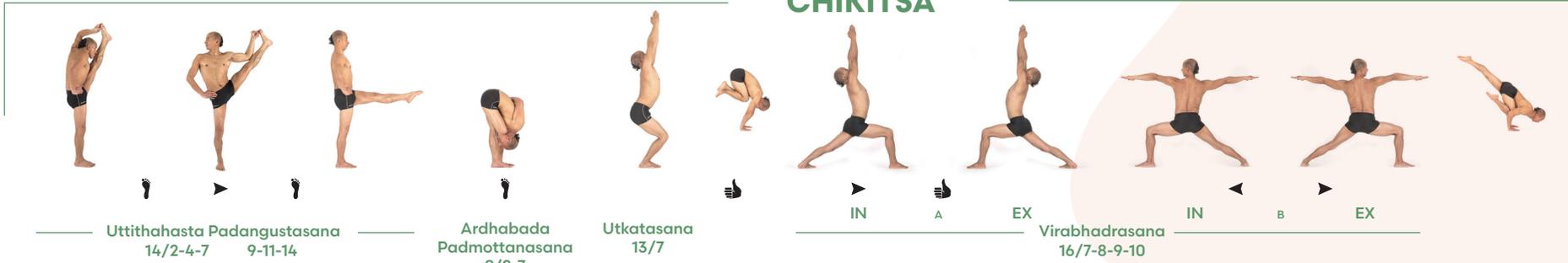
Dasha Ekadasha Dvadasha Trayodasha Chaturdasha Panchadasha Shodasha Saptadasha Samasthiti

FUNDAMENTALS

Padangustasana 3/2 Padahastasana 3/2 A B Utthita Trikonasana 5/2-4 A B Utthita Parshvakonasana 5/2-4 A B Prasarita Padottanasana 5/3 C D Parshvottanasana 5/2-4

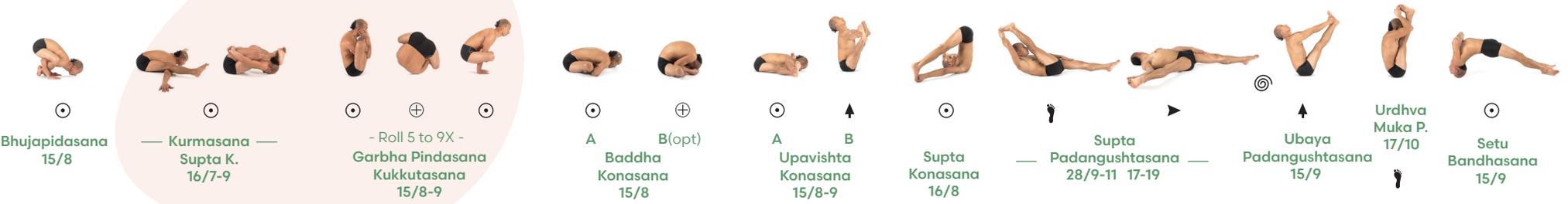
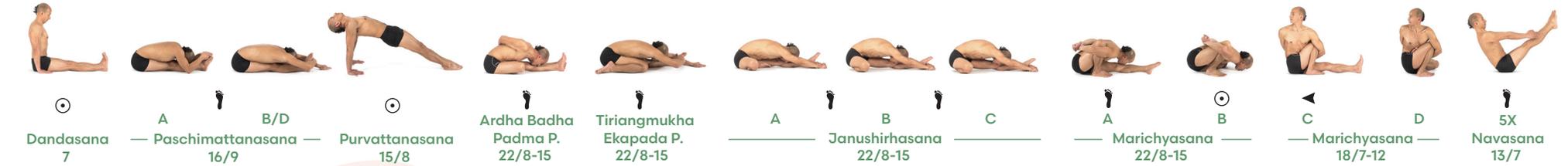
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CHIKITSA



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FINISHING

