

PRIMARY SERIES (Short Form)

SURYA NAMASKAR (3 cycles)

Hold for Five Breaths each asana

Modified Vinyasa designed by Georgina Jean Perry



*"Vande gurunam
Charanaravinde.."*



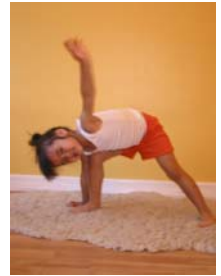
Pranayama



Padangusthasana



**Utthita
Trikonasana**



**Utthita
Parsvakonasana**



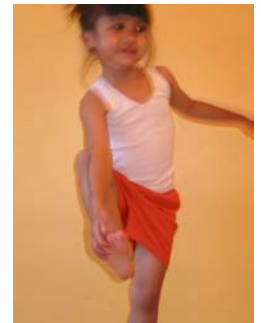
Prasarita Padottanasana A



Prasarita Padottanasana B



Prasarita Padottanasana C



**Utthita Hasta
Padangusthasana A**



Vrksasana



Utkatasana



Virabhadrasana A



Virabhadrasana B



**Ardho Mukha
Svanasana**



Paschimottanasana



**Purvottanasana
(modification)**



Sarvangasana



Padmasana



Savasana