

ASHTANGA PRIMARY SERIES CHART

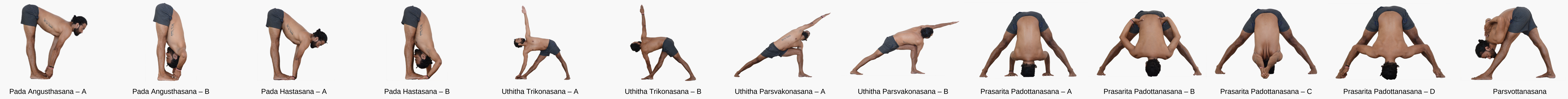
Surya Namaskara - A



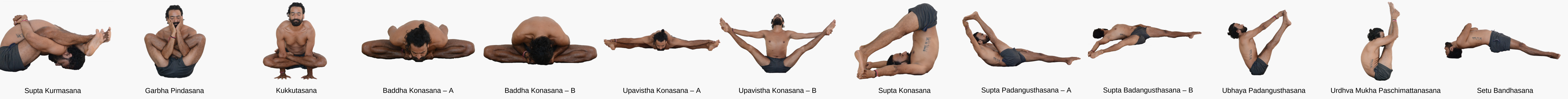
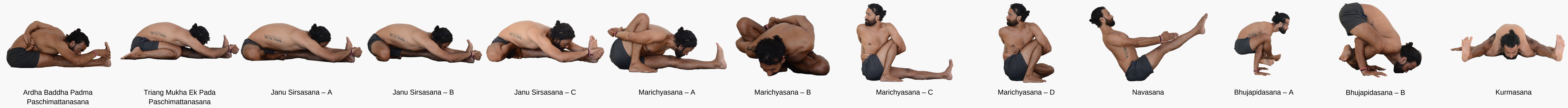
Surya Namaskara - B



Fundamental Series



Primary Series Postures



Closing Sequence



Final Closing Postures

