



centro de yoga ashtanga

Ashtanga
Vinyasa
Yoga
Mysore

ASHTANGA VINYASA YOGA

As taught by Shri K. Pattabhi Jois, Mysore India.

Drawings by John Crawford Scott

Esto es una guía para poder recordar la serie. realiza solo las posturas que tu profesor te a dado.

SURYANAMASKARA A

(x5). Sun salutation.



SAMASTHITI URDHVA DHANURASANA ADHO BHUJANGASANA URDHVA SETU ADHO URDHVA NAVASANA SAMASTHITI
breath: inhale exhale in exhale in exhale in ex in ex

SURYANAMASKARA B (x5)



SAMASTHITI URDHVA DHANURASANA ADHO BHUJANGASANA URDHVA SETU ADHO URDHVA NAVASANA
inhale exhale in ex in ex in ex in ex x5



BHUJANGASANA DHANURASANA BHUJANGASANA URDHVA ADHO DHANURASANA URDHVA SAMASTHITI
11 12 13 14 15 16 17

Posturas de pie de la primera serie. Mantener 5 respiraciones en cada postura

