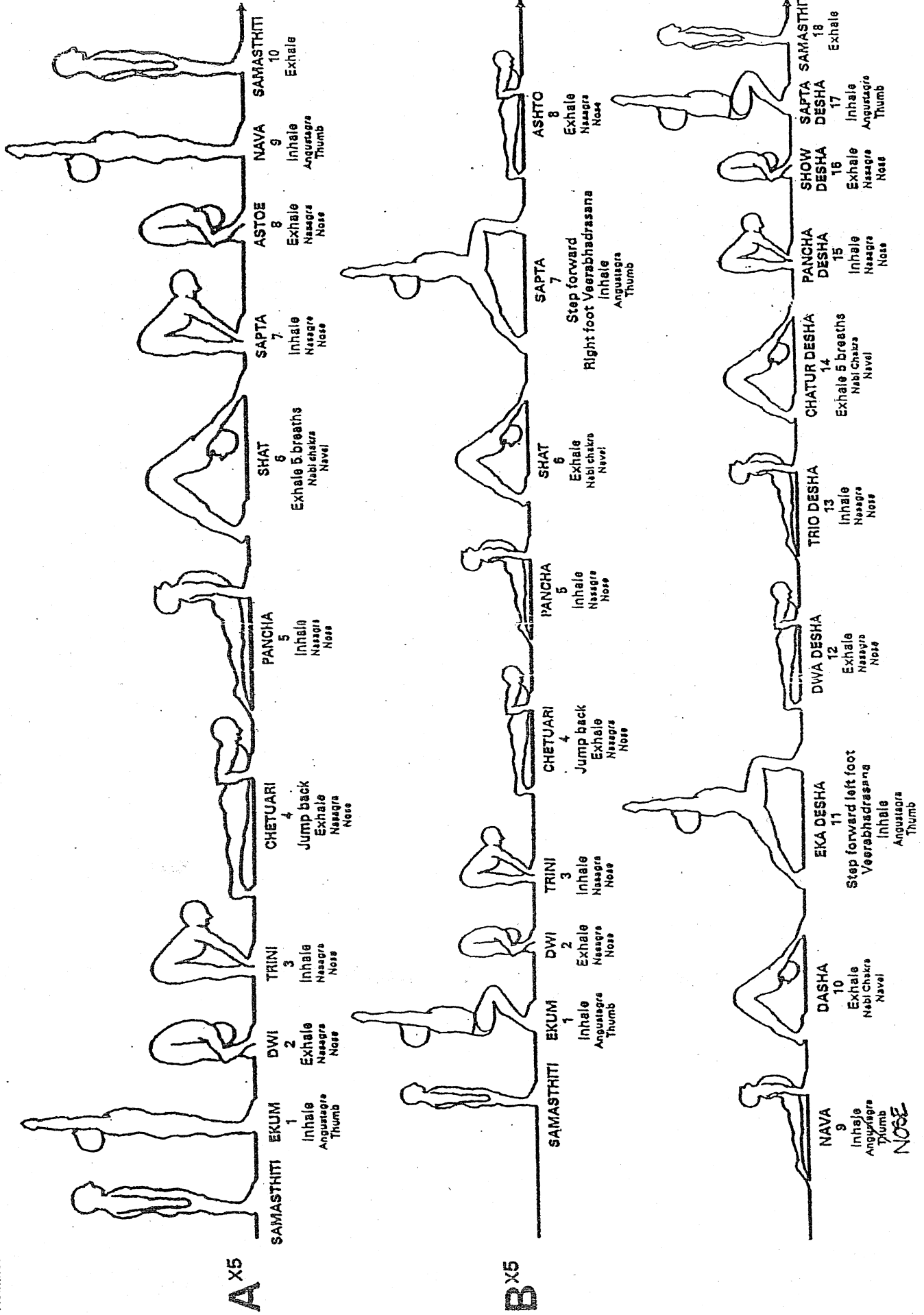


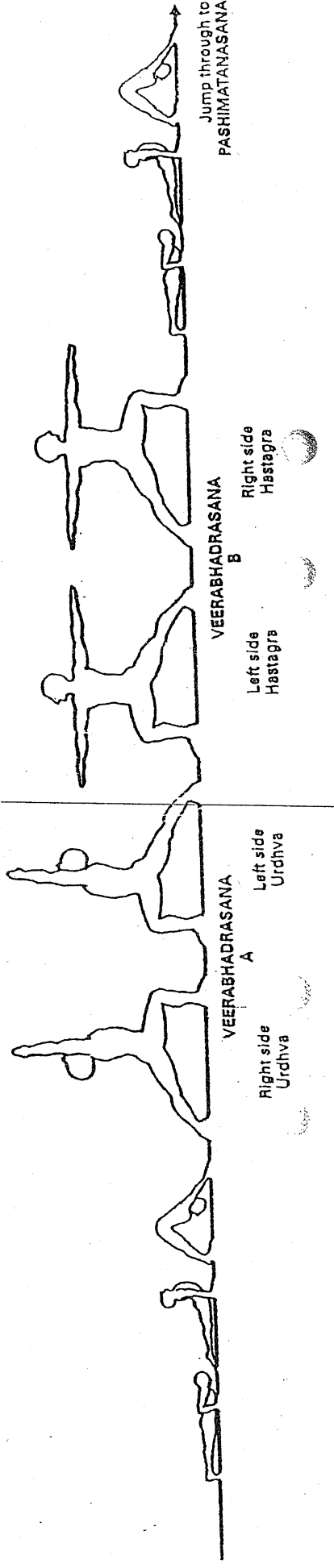
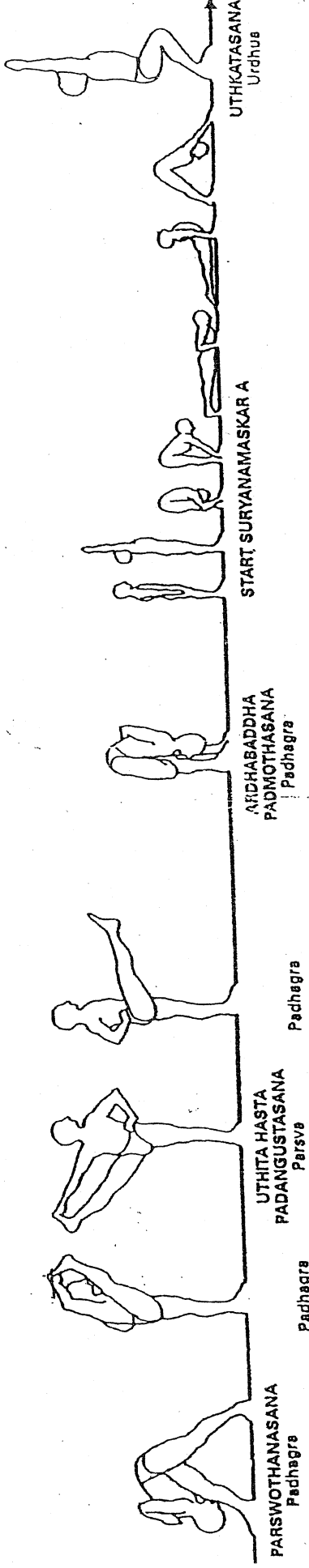
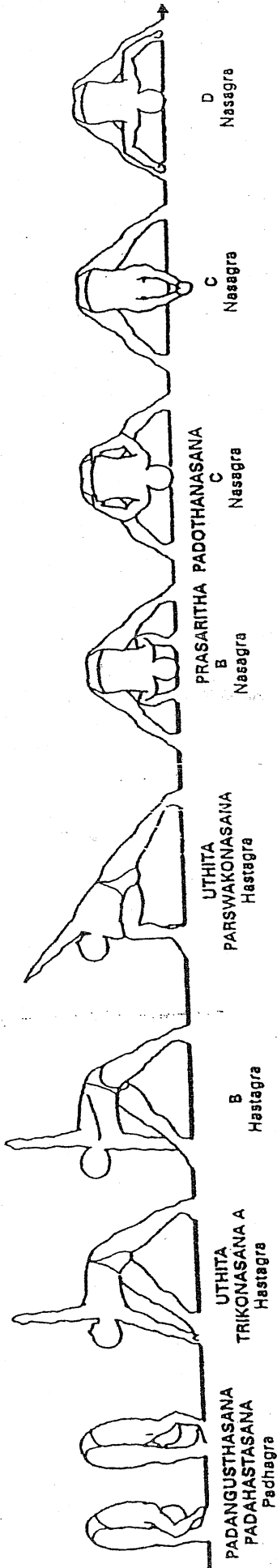
# SURYANAMASKARA A&B

ASTANGA YOGA  
AS TAUGHT BY SHRI K PATTABHI JOIS  
Mysore, 1983  
DRAWINGS BY JOHN SCOTT, SANSKRIT & TRANSLATIONS BY EDDIE STERN



# STANDING ASANAS

HATHA YOGA  
 AS TAUGHT BY SHRI K PATTABHI JOI  
 Mysore 1993  
 DRAWINGS BY JOHN SCOTT. SANSKRIT & TRANSLATIONS BY EDDIE STERN



# PRIMARY SERIES

AS TAUGHT BY SHRI K PATTABHI JOIS

MAY 1983  
DRAWINGS BY JOHN SCOTT, SANSEKRIT & TRANSLATED BY EDDIE STERN

**Row 1:**

- PASHIMATANASANA** Padhagra
- PURVATANASANA** Nasagra
- ARDHA BADDHA PADMA PASHIMATANASANA** fadhagra
- TIRYANGMUKIKAPADA PASHIMATANASANA** Padhagra
- JANUSHIRASHASANA** A, B, C Padhagra

**Row 2:**

- MAREECHASANA** A, B, C Nasagra, Parsva
- NAVASANA** 5 Breaths x5 Padhagra
- BUJAEEDASANA** Nasagra
- KURMASANA** Lift
- SOOPTA KURMASANA** Broomadhya
- LIFT**

**Row 3:**

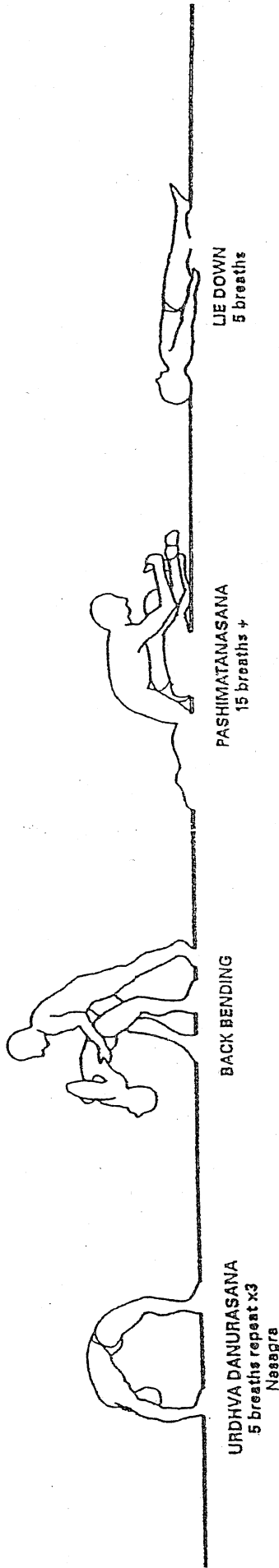
- GARBHAPINDASANA** A, B, C Roll around Nasagra
- KUKKUTASANA** B, C Nasagra
- BADDHAKONASANA** Nasagra
- UPAVISHTAKONASANA** Nasagra
- URDHVA**

**Row 4:**

- SOOPTA KONSANA** 8 breaths then roll over touch chin, 1 breath Nasagra
- SOOPTA PADANGUSTASANA** Padhagra
- CHAKRASANA**
- PADANGUSTASANA** 1 breath roll up & balance 8 breaths U, Va
- URDHVAMUKHA PASHIMATANASANA** 1 breath roll up & balance 8 breaths Padhagra
- SETHUBANDHASANA** Nasagra

# BACK BENDING

AS TAUGHT BY SHRI K PATTABHI JOIS  
 Mysore 1983  
 DRAWINGS BY JOHN SCOTT. SANSKRIT & TRANSLATIONS BY EDDIE STERN



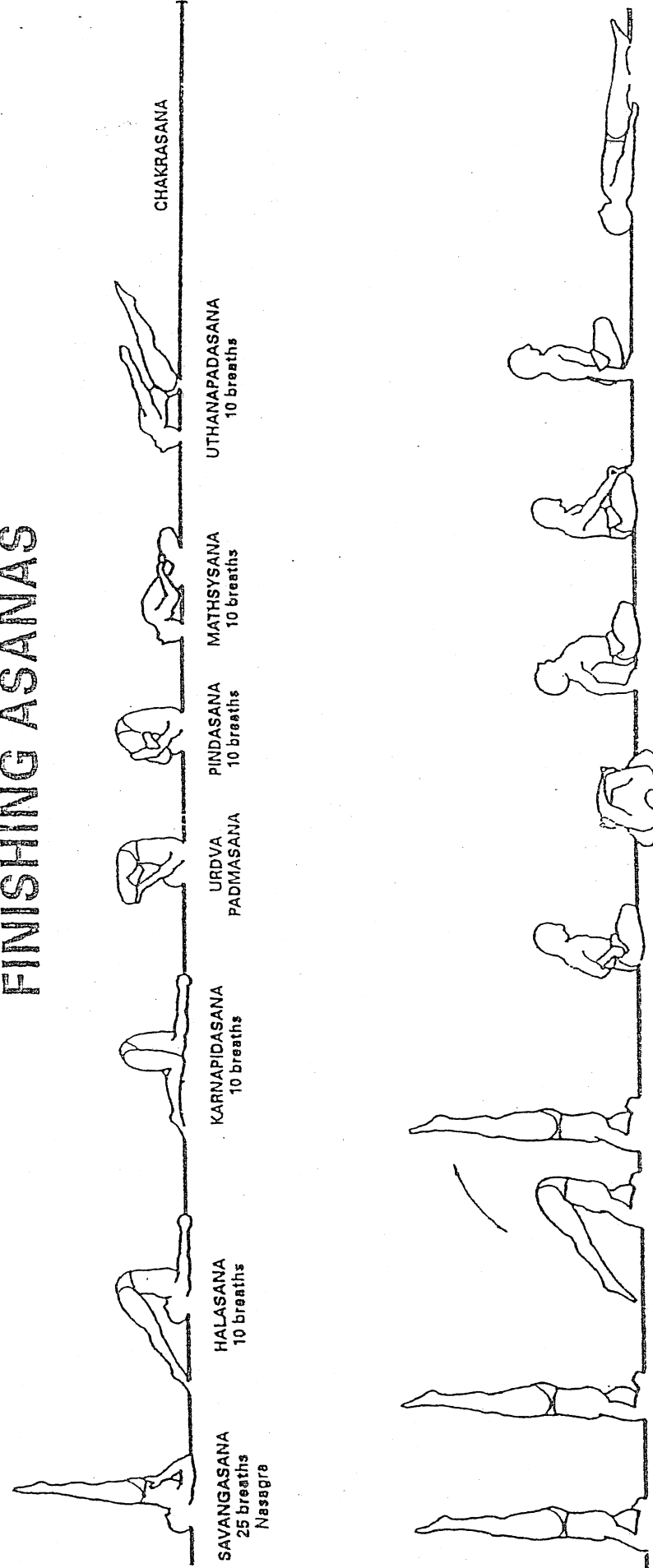
URDHVA DANURASANA  
 5 breaths repeat x3  
 Nasagra

BACK BENDING

PASHIMATANASANA  
 15 breaths +

LIE DOWN  
 5 breaths

# FINISHING ASANAS



SAVANGASANA  
 25 breaths  
 Nasagra

HALASANA  
 10 breaths

KARNAPIDASANA  
 10 breaths

URDVA  
 PADIMASANA

PINDASANA  
 10 breaths

MATHSYSANA  
 10 breaths

UTHANAPADASANA  
 10 breaths

CHAKRASANA

SHEERASHASANA  
 25 breaths  
 Nasagra

Lift

BADDHAPADMASANA  
 10 breaths  
 Nasagra

YOGAMUDRA  
 10 breaths  
 Nasagra

10 breaths  
 Brcomadhya

PADAMASANA  
 25 breaths  
 Nasagra

UTTPLUTHI  
 25 breaths  
 Nasagra

TAKE REST